



# MJR Bulletin

OCTOBER 2021



## SECONDARY SCHOOL ANXIETY

At this time of the year we are encountering many Year 6 students having anxieties about entering secondary school. So, I have designed a short animation with hints for high school and a supporting Activity Sheet with links to the relevant pages from *Make Jesus Real* Year 5-6 workbook.

Click [here](#) to view/download the *Handy Hints for High School* animation .

Click [here](#) to view/download the *Handy Hints for High School Activity Sheet*.

## REFLECTION

In ALL the MJR resources, there is a constantly encouraged habit called *Reflection*. IT IS AN ART FORM! Great MJRers can discover and practice this lifelong skill. Reflection is a big part of the *Ignatian Spirituality* philosophy that MJR is based on.

This year, as in every year, there will be thousands of Year 6s leaving our schools. This is the perfect time for them to reflect upon their 7 years at school, to see and journal what attitudes, values, people, life skills, and most importantly, their relationship with the Resurrected Spirit of Jesus in their lives. We encourage all year levels to reflect. The following pages from each of the MJR workbooks focus on reflection.

### ***My Friend Jesus* (Foundation–Year 2)**

Section 2: This is ALL about teaching and learning about the power of REFLECTION.

Pages 52 & 55: Asks to remember: Relax, Be Calm, Stay Cool, and Reflect on Teamwork.

### ***Spirit of Jesus* (Years 3-4)**

Section 4, pages 68–74: Show ways to keep reflecting so as to become a better person.

### ***Make Jesus Real* (Years 5-6)**

Part 2, pages 90-106: Concentrates on learning how REFLECTION can change our lives.

### ***MJR 24/7* (Secondary)**

Many of the topics call for honest reflection, but *Topic 26 (Reflective Practice)* & *Topic 30 (Reflection via inspiration)* specifically concentrate on the need for this very important skill.

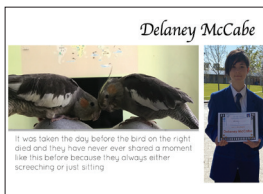
Marty & Mitch

## PHOTO COMPETITION

Another great MJR idea from **Mother Teresa College, Baldyis WA**. Students and teachers were asked to submit photos of 'God Moments' they saw, and include an explanation of why it was a 'God Moment'.

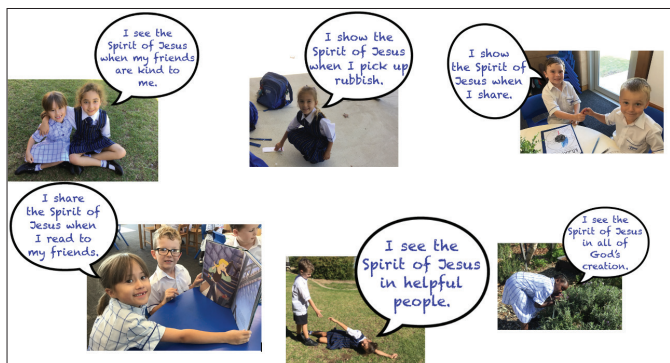
Below are the super winners – thanks to Ann Priest for sending these.

To view larger images of the winning entries, click [here](#).



### SPRIT OF JESUS MOMENTS

Also from **Mother Teresa College, Baldyis WA** are some great images of *Spirit of Jesus* moments. Click [here](#) for a larger view.



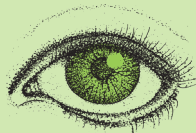
Why not hold a competition at your school – ask staff and students to take a photo and then explain why it is a *Spirit of Jesus* or *God Moment*.

### WATCH THIS SPACE!

#### SPRIT OF JESUS & GOD MOMENTS PHOTO COMPETITION

We were so impressed with Mother Teresa College's idea, that we will be running a photo competition in conjunction with the *National MJR Conference* in Hobart 2022!

More details in future bulletins.



## SIGNAGE

John Rose, the principal of **St Joseph's Primary School, Queens Park WA**, fully supports MJR. His school has this simple but effective MJR sign.

Does your school have great MJR signage?

We'd love to see! Please email your pictures to: [marty.ogle@catholic.tas.edu.au](mailto:marty.ogle@catholic.tas.edu.au)



**Lookout for brand new upper primary and secondary school MJR Banners coming in 2022!**

## MJR HINT

### GREAT HOMEWORK IDEA

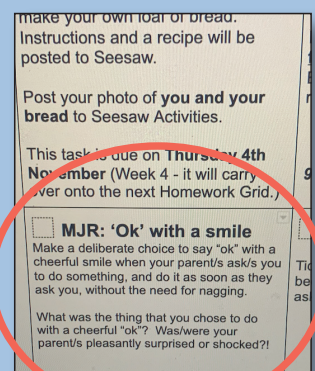
A simple, but clever idea from **Amelia Daun at St Virgil's College in Hobart Tasmania**. Included in their homework grid, is an *OK with a Smile* activity.

#### MJR: OK WITH A SMILE

Make a deliberate choice to say "OK" with a cheerful smile when your parent/s ask/s you to do something, and do it as soon as they ask you, without the need for nagging.

What was the thing that you chose to do with a cheerful "OK"?

Was/were your parent/s pleasantly surprised or shocked?!





## MJR 2022 NATIONAL CONFERENCE

The MJR 2022 National Conference will be held in Hobart on March 24 & 25, 2022 at the Blundstone Arena on the Derwent River.

[Click here](#) to view a short animation about the Conference.

If you would like further information email:  
[team@makejesusreal.com.au](mailto:team@makejesusreal.com.au)

## REGISTER YOUR INTEREST!

If you would like us to contact you when we have further details, please [click here to register your interest](#).

## LINKS

### 1 IN A TRILLION MOMENTS IN SPORTS HISTORY

These are amazing, and could be used when you want to stress *You can do anything*.

<https://youtu.be/JVgabQ5L9uk>

PIKE PLACE FISH MARKET – SEATTLE, WASHINGTON  
Fish market philosophy. They like to have fun, know their product, form lasting relationships, and make someone's day better.

[https://youtu.be/8Z\\_lqcpXAUw](https://youtu.be/8Z_lqcpXAUw)



the



## MJR PODCASTS

*The MJR Podcast – A GPS for Life*

Each Podcast episode has an accompanying 3-2-1 Activity Sheet which are available from the Resources page of [www.makejesusreal.com.au](http://www.makejesusreal.com.au).

To listen to the MJR Podcasts go to:

### Spotify:

<https://open.spotify.com/show/4VDJEOCL2UVvL7AqPX91Y>

### iTunes:

<https://podcasts.apple.com/au/podcast/the-mjr-podcast-a-gps-for-life/id1513474986>

## WE WANT TO HEAR FROM YOU



Got an idea for a story, or want to share a story that captured the ears and hearts of your students?

We'd love to hear from you.

Please email Marty at:  
[marty.ogle@catholic.tas.edu.au](mailto:marty.ogle@catholic.tas.edu.au).

**Note:** If you are including images, please ensure you have permission to do so.

**Live Jesus in your Hearts – FOREVER!**

The MJR Team ... Marty, Mitch, David, Karen, Rose, Sandy and Charmaine



[www.makejesusreal.com.au](http://www.makejesusreal.com.au)



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