



## East Spring Secondary School

### Power of Positive Energy (PPE)

#### Student Goals/Outcomes for Excellence & Success

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#### **PPE Sharing**

Good Morning Mrs Jalil, Mrs Mohinder, Mr Chan, teachers and fellow East Springians. Have you ever been on a roller coaster ride? I have, and I've enjoyed it. I'm sure that all of you have been on a roller coaster ride as well, but not the literal one. We have all been on 2013's thrilling roller coaster ride full of ups and downs. I bet most of us enjoyed it, but there's some who didn't, probably because they encountered many unpleasant loops during the ride which made them dread for the next round this year.

Let me share a story about a group of baby frogs participating in a competition. The target was to get to the top of a high tower. A crowd of frogs had gathered to observe the race and encouraged the participants. The starting pistol sounded and the baby frogs started climbing the tower. Honestly, none of the spectators believed that the baby frogs could actually accomplish getting to the top of the tower. Negative comments like: "Ah, it's too difficult!", "They'll never reach the top.", "Not a chance... The tower's too high!" made some of the baby frogs fall, one by one, except those who climbed furiously fast. The crowd kept on yelling. "It's too difficult. Nobody's gonna make it!" More baby frogs became tired and gave up, but one kept going higher and higher. He wasn't going to fail! In the end, everyone had given up, except for that one baby frog, determined to reach the top! All the other competitors wanted to know how he had managed to do what none of the others had been able to do! One competitor asked the winner what his secret was. The truth was, the winner was deaf!

From the story, the determined baby frog didn't give in to the negative comments and continued to climb up instead. We should all learn from him. No matter how negative the things around you may get, always turn them positively. This is the point of having PPE, where we can impact others by sharing our positivity with them. The roller coaster ride has just begun, and it starts slow, reaching the peak, followed by the sudden drop. Are you ready? I am! Let's start the ride with a positive attitude and the next thing you know, you won't have a hard time going through those loops and turns.

Thank you! :)

