



The joy in small things

I have always been afraid of the vulnerability of joy, even at work. Don't jinx something in case it turns bad at work – don't use the 'Q' word! (*Quiet!*)

I've learnt to 'lean in' to joy and the vulnerability of joy through our blessings at work and counting my blessings at home. I try to stay with the joyous thought rather than the fear of something bad happening.

It's not easy but it has got much better with practice. At Aspire, we go through the day looking for moments of joy and call them Blessings at the end of every day. They are ordinary things that are heart-warming and build connection. We are all looking for and spotting joy in the ordinary.

Without embracing the fear, I would feel nothing and I want to feel all the joy I can.

Hope

In Alternative Provision, it is important we have relentless hope on behalf of those who often come across as having the least promise. We are ambitious for and on behalf of our students and take each day with renewed optimism for what is possible. A smile from someone who has looked at the floor for six months, staying in the classroom for someone who has previously refused to engage in learning, or a polite conversation or hello are all signs of hope that spur us on to believe in more.

It is our job to have hope where others have thought there is none.



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