



Molly Marsh - Head Girl

2020, it's a new decade, a new year, new people and what better way to start the school year, than with a smile, a big, fat, cheesy, smile. It can go a long way you know!

I like to think of a smile as a qualification, a life skill. You can use it across all aspects of life whether that's in a job interview, for the

gram, singing in the chapel with lots of enthusiasm or just showing outwardly that you are enjoying the moment.

Each time you smile, you throw a little feel-good party in your brain. A smile not only can elevate the mood of yourself but those around you. When someone smiles at you it is really hard not to smile back. A smile might not always mean that you are happy, but it means that you are making an effort to be.

Obviously there are lots of new year 7s and year 9s this year, but also newbies sprinkled throughout the school, both Staff and Students. It's important to connect with the newbies but also equally as important to connect with people who have always been around, but you just don't know as well.

I believe a smile is the simplest way to acknowledge them, connect with them and show them you care. Giving a smile and receiving one never has a bad outcome.

I think it's important to mention that for some reason seniors girls can be perceived as scary. As a senior for the last 2 years, I don't like scary being linked to us. So let's change that! As Seniors of the school, we can help create a positive, warm and welcoming environment that is a comfortable place to learn and thrive in. A great way to create that environment is to.....smile.

I remember when I was year nine, and someone with a plain blue tie smiled at me, I thought I was the luckiest person ever.

At the end of Assembly today I would like all of you to smile at someone who you don't know as well. Now, I would hate for you to feel underprepared or incapable of a smile, so just in case you have misplaced it, forgotten it or aren't sure how...

here are my hints.

When you smile I encourage you to give it that extra bit of zest. That extra bit of zest for me means, big, teeth, puffy cheeks and slightly squinted eyes, try and smile with your whole face!

So when you put your uniform or mufti on tomorrow, in fact, any day, just remember.... “you’re never fully dressed without a smile”.