

11<sup>st</sup> Jun 2020



## Hello! From Your School Counsellor



The picture on the left is the root of a Giant Redwood. The Giant Redwood Tree (also called Giant Sequoia) is known to grow to reach a height of 80 meters (about the height of a 20-storey building), trunk diameter of 8 meters, and has a lifespan of about 2000 years. It is the "giant" in the forest.

Looking at the size of the tree, one must be wondering that it must have deep roots to keep it standing. Well, the truth is the Giant Redwood has shallow roots, and they reach outward to intertwine with the roots of other Giant Redwood trees to form permanent bonds. These bonds hold together a community of Giant Redwood Trees and allow them tall and in hardiness to weather the test of time over centuries.



The Giant Redwood Trees has taught us three invaluable life lessons.

First, the giant tree comes from a tiny cone, the size of a chicken egg with seeds smaller than oat flakes. It reminds us that there is potential for greatness despite our smallness. Second, its size increases and hardiness strengthen with age, telling us to develop patient and tenacity for our pursuit of knowledge. Third, the structure of the intertwined roots holds the community of giant trees together with incredible strength and stability. It reminds us that unity is strength and the importance of reaching out to others to support one another; to form a community of care and empathy and respect.

Gessions, do not trivialize your potential. Cultivate patient and courageous that strengthens your hardiness. Count every little success. Reach out to others; build peer communities for shared learning. There is strength in unity. **Press on!**

### Lessons from the Giant Sequoia

- In smallest there lies great potential; do not undermine what you can do.
- Cultivate patient. It is the virtue for all learnings, through which, hardiness toughened and wisdom deepened.
- Reach out to others; bridge connections.
- Build a community of care and empathy.
- There is strength in unity.