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Hello! From Your School Counsellor



When we talk about a crow, it often reminds us of the mythical bird. A crow is related to the symbolism of death, a bad omen or anything unwelcoming because of the colour of its feathers and the sound it makes.

Unlike the myth about the crow, this bird epitomizes the virtue of filial piety. When its chicks are born, the female crow will fully attend to them, feeding and preening them to ensure that they are well nurtured, while the male crow will protect its nest from predators. The crow can be quite aggressive when you get too close to its nest.

When the chicks have fully grown to become adult crows, the parent crow will become old and too weak to hunt or scavenge food. The adult crow will now bring food to its aged parents until they pass on. After which the adult crow will abandon the nest. This value of filial piety has sustained the crow species for generations.



Despite its appearance, the virtuous bird is scientifically assessed to be very intelligent.

The crow teaches us a vital lesson that appearance (or look) does not equate to intelligence.

So, *Gessian*, have confident and

believe in yourself and stand by the virtue that you believe in. Gain respect for yourself by respecting others. Grasp every opportunity to learn to enhance your credential.

Appreciate yourself and life by practising gratitude to parents, brothers, sisters, teachers, friends and the significant others. Give appreciation for every experience that adds colour to your life. When you feel misunderstood, take the opportunity to help others to understand you. ***Gessians*, you are capable of loving and being kind to yourself, and you must give yourself that permission. Onward!**

Photo(s) courtesy of [pinterest.com](https://www.pinterest.com), [theguardian.com](https://www.theguardian.com), [cell.com](https://www.cell.com)

GRATITUDE

Give thanks to others and the surroundings

Reciprocate the love and kindness you receive from others

Appreciate others, the surroundings and self

Treasure everyone and everything in your life

Inspire for the good

Take stock of gratitude inventory

Unpack and free all unhelpful thoughts and emotions

Dedicate your blessings to others, the surroundings and self

Exercise generosity and compassion to others and self