

Reflection on my Heart lessons from OLSH

As we gather today, I want to share a lesson that could shape not just this moment, but many moments in your future: **you are in control of your experiences.**

Consider this—two students can go through the same high school journey, with the same teachers, classmates, and opportunities, yet come out of it feeling completely different. One might look back with pride and excitement, while the other may feel indifferent or disappointed. What makes the difference? It's not the school—it's **perspective.**

Perspective is more than just how we see things; it's about the choices we make in how to respond. It's choosing to let go of what we can't control and focusing on what we can. Like opting for a Zambreros run instead of letting a SAC mark ruin your day. It's trusting yourself and God when you step into an exam, knowing you've done what you can and leaving the rest in His hands. It's realizing that some outcomes are beyond our control, and that's okay. What matters is how we decide to engage with the situation.

Every day, we make these choices—whether we walk into the hub with a smile or join the Year 12 volleyball team. Whether we say "thank you" to the canteen ladies for their amazing food or choose to leave yesterday's troubles in the past. The choice is always ours, and that choice shapes how we experience life.

So today, ask yourself: **How do you want to remember this day?** What kind of experience do you want to have as we come together for one of the last times as a cohort? Instead of carrying heaviness or distractions, let's make room for connection, happiness, and unity. Let's create memories we'll cherish, because we have the power to shape this day.

The experiences that mean the most to us are the ones we choose to embrace wholeheartedly. Looking back at my time at OLSH, I have continuously put myself out there, in the sport teams, leadership and friendship groups, I can say I truly made the most of this experience. So, as we stand at the summit of our high school journey, looking back at the steep and curving path, while also looking out at the horizon, I wanted to share this heart lesson, that has guided me this year, and will continue to guide me in the future.

So today, let's choose to make this day one we'll remember forever.

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Class of 2024