

Reflection on my Heart lessons from OLSH

Good afternoon class of 2024 and families that have joined us here today. As we all gather here together at this moment at our graduation mass, I stand here, reflecting on my time at OLSH, as I am overwhelmed by all the rush of memories, emotions, lessons and journey's we have all shared together as a year level. It's hard to believe that this chapter is coming to an end, and I'd love to take a moment to share what my experience at this college has meant to me.

I didn't start at OLSH in Year 7 like most of you here. When I first walked into OLSH, I felt a mix of excitement and anxiety. I arrived in Year 8, and just a few days later, we went straight into lockdown. I faced many challenges at the beginning of my first year at OLSH, as I didn't know anyone and didn't have the time to get to know anyone. Back then, the nervous Year 8 me would never have thought that she would receive the loving support from the friends she made and that the teachers and staff here would help her realize her potential. They turned her moments of doubt into opportunities for growth, which were waiting for her in the future. From then until now, this still applies to me, even in this very moment.

OLSH has imparted values that will stay with me for the rest of my life. I have learned the importance of kindness, empathy, integrity and most importantly hope! I've learned that our actions—big or small—can have a profound impact on others. I aspire to live by these values, lifting others up and contributing positively to the world around me.

My faith has also deepened so much here at OLSH college. I have come to understand that faith is not merely a belief but a guiding light in my life. It has provided strength and comfort during tough times which has helped me deepen my sense of purpose. I am grateful for how this community has nurtured my spirituality, encouraging me to explore my beliefs more fully.

As I prepare to leave and say goodbye, what I will miss most is the incredible sense of belonging within the OLSH community. The friendships I've made, the laughter we've all shared, and the support we've given each other are things I will treasure forever. And, of course, I'll miss Tracy at the student reception—who else will I turn to for my daily late passes? Tracy, I promise the alarm went off... at least an hour later than it should have!

I also want to take a moment to give my gratitude and thanks to Miss O'Loughlin, Miss Oro, Miss Freeman-Smith, Miss Donohue, Miss LaGreca, and all the other teachers who have supported me through my toughest and darkest times even when I thought I wasn't worth wasting a breath on. Your guidance, understanding, and unwavering support have made all the difference and have been part of the reason why I am still standing here today. You've shown me that it's okay to seek help, and that vulnerability is a strength, not a weakness.

I finally want to express my appreciation to OLSH for shaping me into the person I am today. The lessons learned and the relationships formed will always hold a special place in my heart. Thank you all for being a part of this incredible journey with me. Here's to the future, and to carrying the spirit of OLSH wherever we go, as OLSH girls can do anything!

Jacin Foo

Class of 2024