



# TLA BLAZE

Vol. 3, Issue 2

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## A New Year, A New Promise



A blessed New Year, Torch Bearers! Every year, people make their New Year's resolution with the goal to improve their character and be a better person. Some promise to exercise more, some promise to procrastinate less, while some promise to forget old grudges. Merriam - Webster defines the word promise as, "a statement telling someone that you will definitely do something or that something will definitely happen in the future". However, the problem with making a promise is not being in control of what happens in the future. There could be a number of reasons or events that might take place in your life that could prevent you from keeping your promise.

There is Someone though, who we can rely on when it comes to promises. The promise coming from our Father, which surpasses time and has remained to be true and constant, year in and year out. Having this in mind, when we set our goals for this year, let us set aside some time to meditate on what the Lord has planned for us. In doing so, we keep in mind our short-term goals that, when put together, can make our long term goal of being a better person this year more meaningful and attainable.

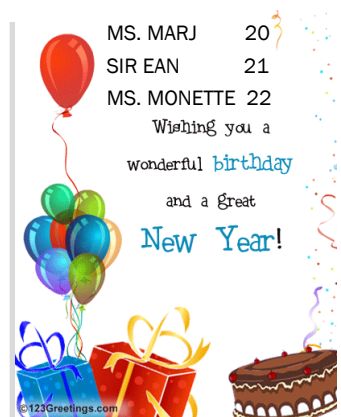
### 10 TIPS TO LIVE BY - JAMIE OLIVER

"Eating healthily is all about balance. Every now and then it's perfectly OK to have pie for dinner or a nice slice of cake at teatime - treats are a part of life - but it's also important to recognise when we're pushing things too far. Indulgent food should be enjoyed and savoured, but only occasionally - it's important to remember that the majority of our diet

should be made up of balanced, nutritious everyday foods. Make healthy food a priority in your life and allow it to bring your family and friends together. Learn to love how it makes you feel, how delicious it is and remember that a healthy balanced diet and regular exercise are the keys to a healthy lifestyle." - Jamie Oliver

1. COOK FROM SCRATCH
2. EAT A BALANCED DIET
3. VARIETY IS KEY
4. UNDERSTAND WHAT YOU EAT
5. EAT NUTRITIOUS CALORIES
6. DON'T SKIP BREAKFAST
7. READ THE SMALL PRINT
8. DRINK MORE WATER
9. KEEP ACTIVE
10. SLEEP WELL

<http://www.jamieoliver.com/healthy-living-tips/>



Bite of Bread  
Start the New Year

With God's



Monday: Eph. 3:14-19

Tuesday: Zephaniah 3:17

Wednesday: Lam. 3:22

Thursday: Psalm 17:8

Friday: Jeremiah 29:11

Saturday: Matthew 11:28

Sunday: Psalm 23:6

*wordsbyandylee.com*

Daily  
Devotions



MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

## CALENDAR OF ACTIVITIES FOR JANUARY

FOR GRADUATING STUDENTS  
(PRESCHOOL, GRADE 6 AND FOURTH YEAR STUDENTS)

JANUARY 12-14 PS REVIEW WEEK  
GR. 6 and 4TH YEAR MT WEEK

JANUARY 20-23 PS, GR.6 and 4TH YEAR AT WEEK

REGULAR STUDENTS (PRIMARY-GR.5, GR. 7-9)

JANUARY 12-14 REVIEW WEEK

JANUARY 20-22 MT WEEK

JANUARY 23; 26-28 AT WEEK

OFFICIAL NON-WORKING HOLIDAY  
DUE TO THE PAPAL VISIT

JANUARY 15 - JANUARY 19

