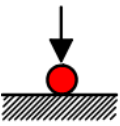








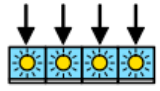
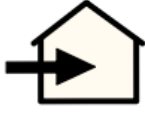




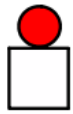





  
How can school help your health and well-being?

         
Here are some ideas of how we think we may

       
be able to help. Please tick the best ideas for you.

     
A relax session every day in class.

      
Calming music played on the corridors.

     
Quiet relaxing seating areas.



Hobby

+

and



interest



clubs



?



Gym



Yoga



Guided meditation



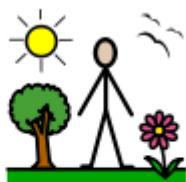
Drawing/Painting



Story telling



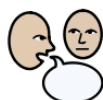
Gardening



Walking outdoors



Please



tell

us



your own



ideas

here.