

In the future

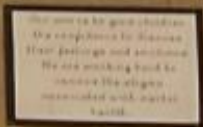
When you look

back and

see yourself now ...

you'll be

so proud.





"Nothing beats kindness," said the horse. "It sits quietly beyond all things."

I love everyone on a good day
if you friend doesn't
want them to play,
because everyone should
be treated equally

This week I am
going to make
sure
no-one gets hurt
and every one smiles.

This week I am
going to play with
the people who are
lonely.

Say
you
thank
you



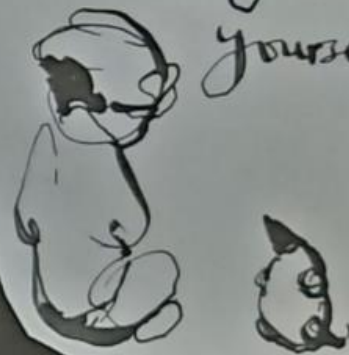
I
to my
little
brother
because he is
going to learn.

Why should we forgive ourselves?

- so we have a healthy mind and it helps us to heal.
- there is always a new day.
- we don't know how to do something - YET!
- we can keep trying.

• it's ok to make mistakes, we are all still learning.

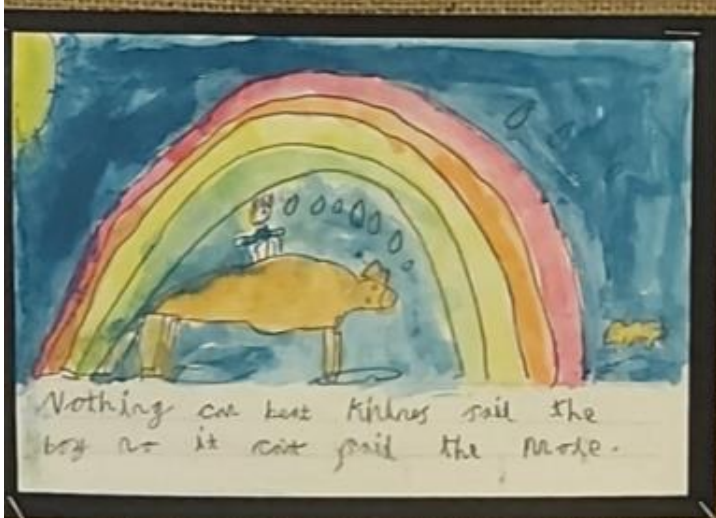
"Often the hardest person to forgive is yourself"



As part of our work towards supporting children's mental health, we are using the book 'The Boy, the Mole, the Fox and the Horse'. Fortnightly, classes across the school are given a quote to discuss and complete a piece of work for our scrapbooks.



Our aim is to give children the confidence to discuss their feelings and emotions. We are working hard to remove the stigma associated with mental health.





A True friend is
more valuable
than money