

Welcome back  
to our Sladefield  
Family!

A very big welcome back to our Sladefield family.  
Thank you for all your hard work during these uncertain times.



On our first day back, we were all feeling very anxious so we spoke about our feelings and we discussed different strategies to help us feel better.

I was really happy to see all my friends from my class.  
**Imaan class 2.**



I was excited to come back to school because I missed my teachers.  
**Amirah class 3.**

# Our Wellbeing

Exercise

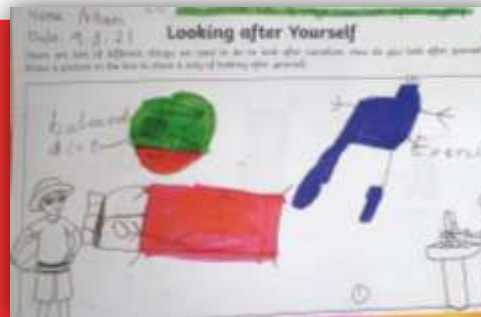
Sleep

*Here are some of the ideas that we thought of to help us look after ourselves.*

Nutrition

Hygiene

Sharing emotions with others



# I am me! I am positivity!

Kind



Class 1

Cheerful



Class 2

Loyal



Class 3

Friendly



Class 4

We sketched a self portrait and thought of words to describe ourselves in a positive way.



# Our Wellbeing Displays



*Our portraits  
are displayed  
outside our  
classrooms to  
promote  
positivity!*

