

Christmas break



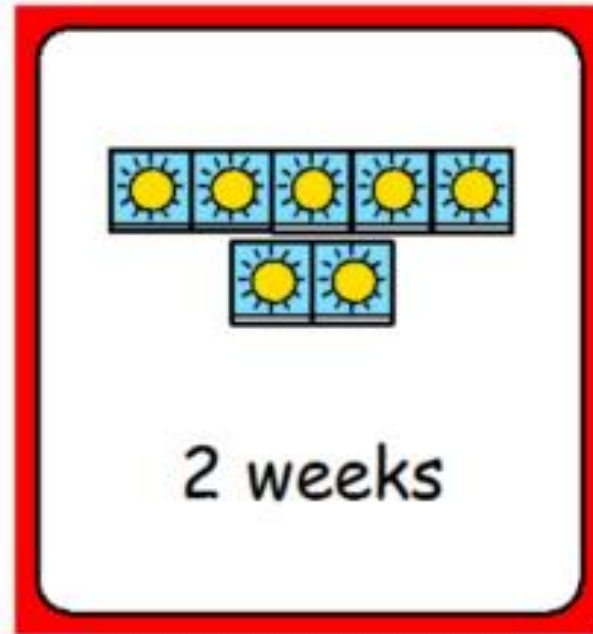
School is closed for the Christmas holiday.



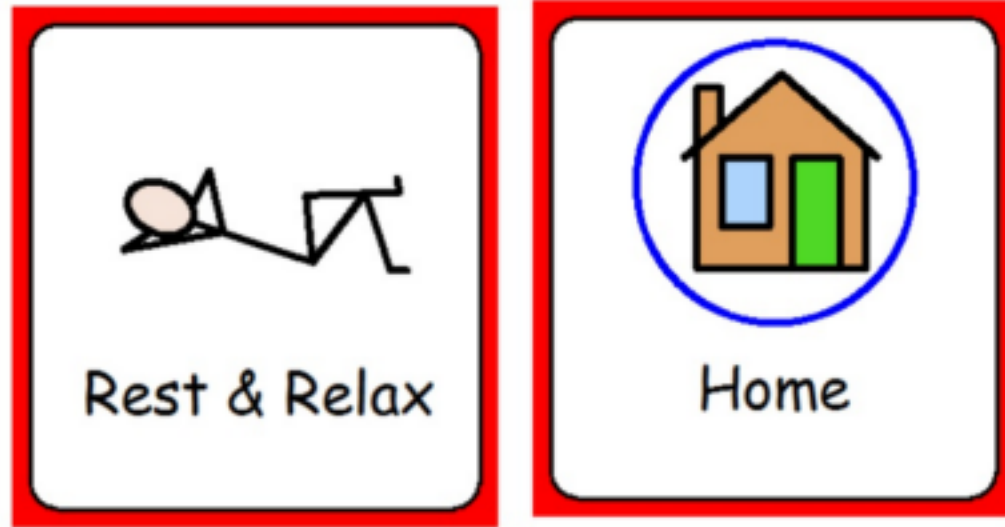
I have had a great time in school, this Half Term but it is now time for a rest so that I can build my energy back up.



The Christmas holiday is usually 2 weeks so I am off for longer than a Half Term.



I should use this time at home to rest, relax and play. It is important to do things that I enjoy during the school holidays.



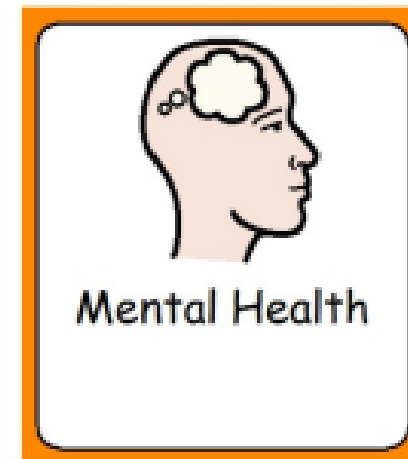
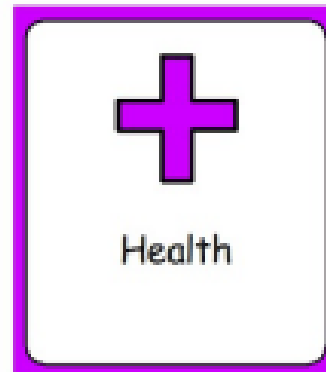
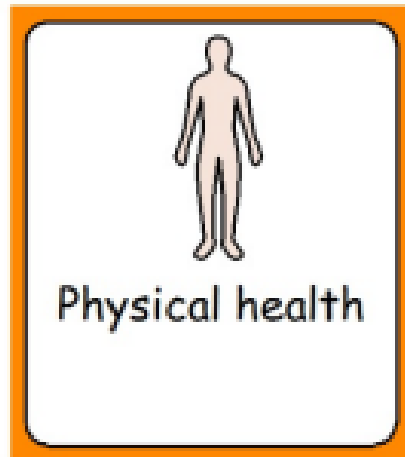
During the holiday, it is very important for me to do good listening for all of the adults that look after me.



During the holidays, you might find yourself in the different zones. Remember that all zones are okay and if you are feeling in the red or yellow, you can ask an adult for help.



When I am at home, I will be responsible and make healthy choices.

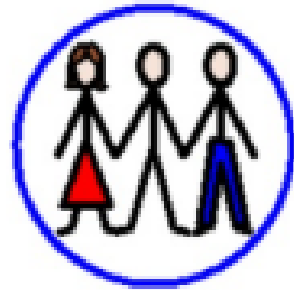


It is very important to remember that I must go to bed when an adult tells me to. I need a proper rest!



I will have fun at home during the Christmas holiday and after a good rest, I will be ready to return to school.

When I return, I can tell my teacher all about my Christmas break.



Family



Rest

Merry Christmas from all of the staff at St Mary's.

