

In honour of *World Mental Health Day*, Owls Class
discussed:

*What is more important to look after, our mental or
physical health?*

If you don't look
after your body, you
can't come to school
and will be poorly.

You need your
mind to be
healthy to learn.

We need to keep
our bodies healthy
for our brains too.

Being unhappy
can make your
mind poorly.

You need lots of
sleep for your
body and mind.





Woodpeckers discussed:

Is your shadow part of you?

No - sometimes it
is not with me.

No - it doesn't
feel emotions.

Yes - it moves
when I do.

No - it is a
different size to
me.

Yes - it is
attached to me.



Kingfishers discussed:

Would you rather have a robot teacher?

It wouldn't be the same. Robots
can't hug you.

What does it mean to be a good person?

To look after
each other.

To listen and
help your friends.

To be nice to
your teacher.



Sparrowhawks discussed:
Would you rather have a robot teacher?

No, humans show real emotions.

Would you rather be rich and sad or poor and happy?

My memories bring me happiness, not what I have bought.



Woodpeckers discussed:

Which is more important, kindness or respect?

Kindness - if you are kind, you are respectful, too.

Kindness, because it makes you a good friend.

Respect because it is one of our school rules (ready, respectful, safe).

Respect because if you are respectful you are also kind..