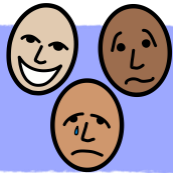


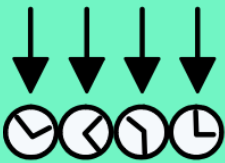
# Back To School: Top Tips

Bulletin No.1 – September 2021

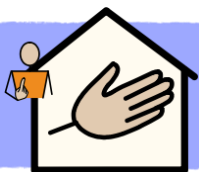


## Recognise your feelings

## Watch Video



## Keep a routine



## Use self-care techniques



Jessie Au

For more information,  
speak to Ms Cardoso.



Ms Cardoso