

Staff:

Beckenham School, Christchurch

Walks & stopping to enjoy the moment.

Rebekah. Listening to music. Chris. Having a positive attitude to things. Pip. Time with friends and being in nature. Tamsin . Family time & reading. Jacky. Walking. Rowena. Being near water. Kat. Chocolate. Nick. Cuddles. Katie. My workmates. Amy. Hugs with my kids. Gayle. Swimming. Charlotte. Laughing. Sandy. Running in the hills. Jenny. Reading. Anna. Alone time. Sue. Rowena. Gail. Sharing funny stories. Michelle. Nights around the fire. Jarred. Sleep. Caitlyn. The kids. Susan. Time at the beach. Paulette. Chatting in the spa. Nicky .

Canterbury has been through a lot.
Thanks for sharing some of the simple things that bring you joy.

**all
right?**
allright.org.nz