

# Autumn



- Summer may be over, but for many people, Autumn is a magical time of year, with the changing colours, atmospheric weather and fallen leaves to crunch through. Are you secretly looking forward to cosy nights in, snuggly jumpers and comfort food?
- Autumn is often seen as a time of renewal and new beginnings, as the trees shed their leaves to conserve energy and prepare for Spring. The new school year often feels like a time for reflection, setting new goals, and new opportunities.
- Changing seasons can remind us that change can be a positive thing. It can be an opportunity to slow down for some self-reflection and a chance to refocus on what's really important to us.

***'They say Autumn is the most honest season. Leaves and flowers fall away to reveal what lies beneath.'***

Trudi Makhaya