

Honeysuckle



- For many people, the fragrance of honeysuckle on a summer evening brings back childhood memories. The scent is strongest at night to attract moths and other nocturnal pollinators. Honeysuckle supports a whole ecosystem of insects, birds and small mammals.
- As well as its scent, honeysuckle is known for its tenacity, overcoming challenges and obstacles as it twists and climbs up towards the sun.
- What obstacles and tangles have you climbed through this year? Think about all the ways you have grown - and how you've encouraged the children and adults around you to grow too.
- Do you need a final burst of energy to survive the long, hot days and make it to the end of term? Take five minutes to stop and breathe deeply, pause and enjoy the view from your window, or step out onto the school field or into the garden and restore yourself. Stop and smell the honeysuckle!
- Give yourself the same care and kindness you've shown to others through the year, so you keep your sweetness through all the challenges of the day.

“The flower that blooms in adversity is the most rare and beautiful of all.” Mulan (Walt Disney Company)

