



"I believe you need to have a **decent mental wellbeing** to also be able to **do well on your studies**. I do it by getting a good night's sleep. This also keeps me quite happy and more focused in class."



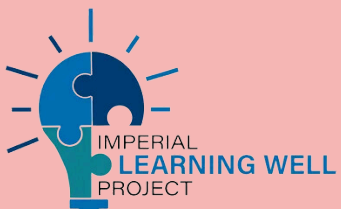
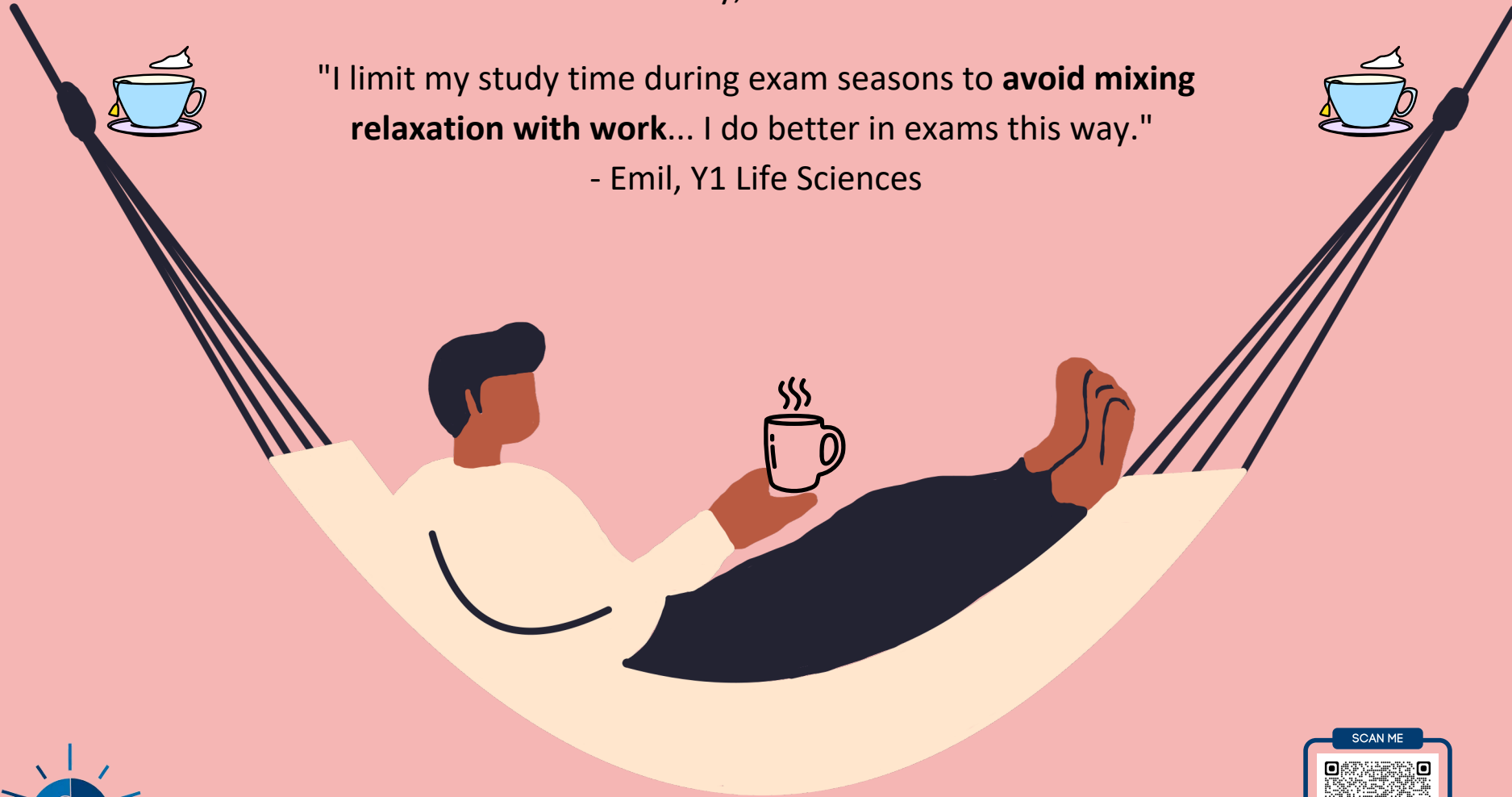
- Benny, Y4 Maths



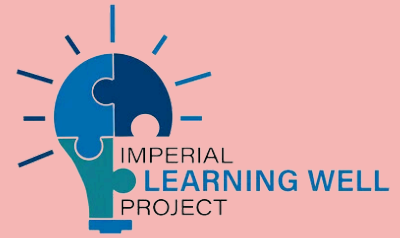
"I limit my study time during exam seasons to **avoid mixing relaxation with work**... I do better in exams this way."



- Emil, Y1 Life Sciences



# Rest and Recharge



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