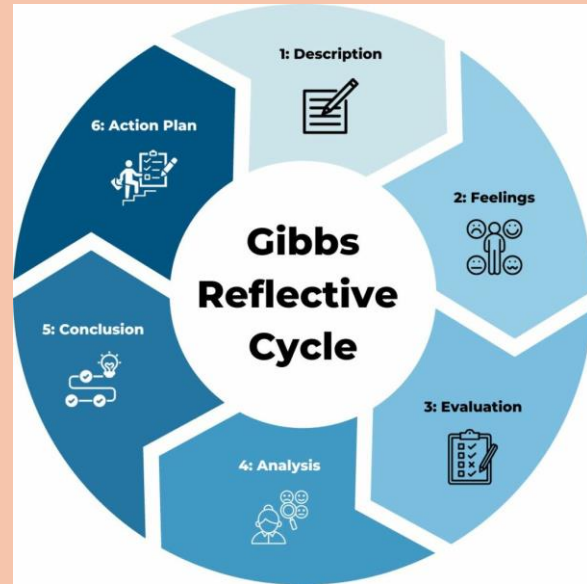


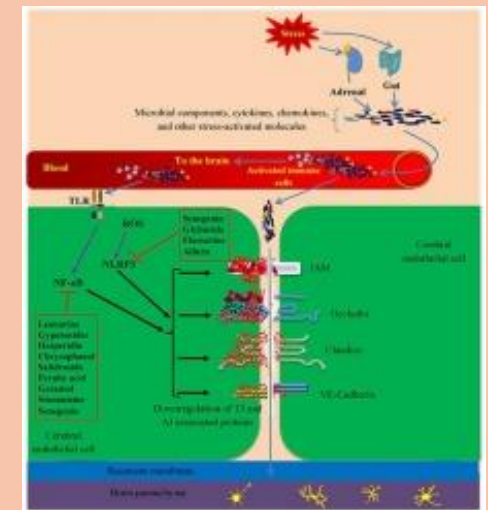


Gibb's reflective cycle is a tool that can help decentre yourself from an event and gain valuable perspective that can inform your fu

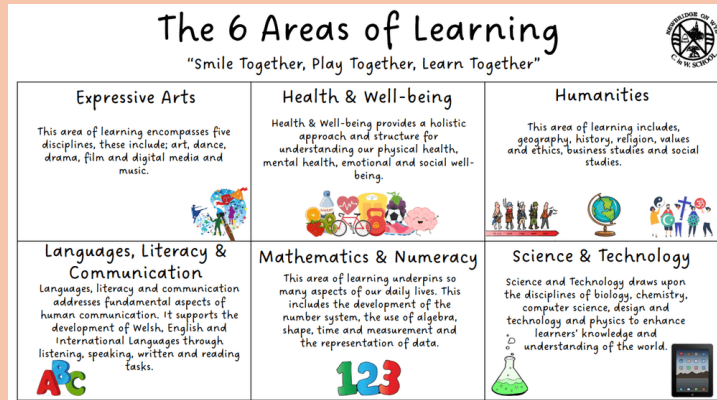
Critical Reflections of Academic and Professional Practice



Where it all began: Eve playing with Froelian toys. Parenting a child inspired a change in career that led me to studying for this MA. (Own Photo)



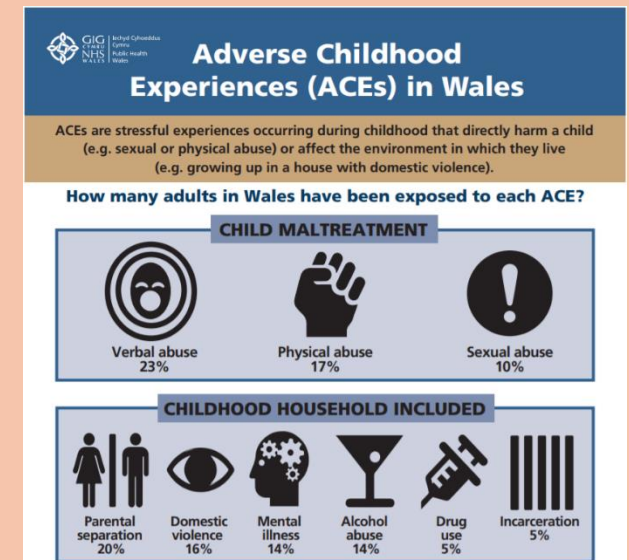
Toxic levels of stress can cause inflammation that affects the blood brain barrier, this can lead to a decline in cognitive function and overall wellbeing. (Van Oss, 2018)



Health and Wellbeing are one of the New Curriculum for Wales's Areas of Learning and should be treated with equal importance as the others to create resilient, healthy, learners (Structural Learning, 2024)



Flying Start is a government funded initiative that provides Early Years support to improve outcomes for all children. (Flying Start, 2025)



Adverse Childhood experiences, such as abuse, neglect, poverty, exposure to violence or racism, can cause lifelong impacts on a person's health, wellbeing and socioeconomic status.