

St Mary's C.of E. Primary School Halton

Mental Health Awareness Day Tuesday 18th July, 2018.

Children at St Mary's enjoyed a Mental Health Awareness Day where everyone got involved. Pupils were taught what mental health is and strategies to cope with poor mental health.

Five ways to wellbeing were identified (Give, Connect, Be Active, Take notice and Keep Learning).

The children were offered the chance to select an activity from a number of different and varied options - including various sporting activities such as table tennis and golf, cookery, slime making, bath bomb making and woodland crafts. A fabulous day was had by all.

