

# Wellbeing is the lesson of the day

**By PAUL FERGUSON**  
paul.ferguson@petersfieldpost.co.uk  
Newsdesk: 01730 232605

**THE IMPORTANCE of good mental health and wellbeing will be the lesson of the day at a Catherington school this week.**

Pupils at Kingscourt School will forgo their usual lessons this Friday to take part in Global Be Well Day, an international event run by their parent Cognita group which oversees 73 schools around the world.

More than 45,000 children and young people around the world will take part in the event, which aims to highlight the role of mental wellbeing in education.

There will be lessons on building emotional wellbeing and pupils will be taught about the importance of sleep and keeping screen time down to a well-balanced amount.

Pupils at the Catherington Lane school will also tuck into a healthy lunch together in the garden and will be accompanied by parents for aerobics on the all-weather surface.

The school's assistant headteacher, Helen Carroll, believes pupils at Kingscourt and their counterparts will learn important life lessons by taking part in the event.

She said: "The mental health and wellbeing of

young people is now one of the most pressing issues of our times.

"As governments around the world grapple with how to address it, we were very keen to join in with the rest of the schools in the Cognita group to hold a day of activities designed to expand understanding of wellbeing for both pupils and parents.

"By focusing solely on wellbeing on the day, we are highlighting the vital role it has in academic success as well as keeping the topic to the forefront of everything our students do throughout the year."

Anyone who wants more information on the event should visit: [www.cognita.com](http://www.cognita.com)



---

## CATHERINGTON

---

CONTRIBUTED PICTURE



Pupils at Kingscourt School will forgo lessons this Friday to take part in Global Be Well Day.