

## Healthy living in focus for youngsters



**POSITIVE WELLBEING:** Children at St Margaret's took part in a range of activities

A SCHOOL in Gosfield is joining a global effort to help youngsters' well-being.

St Margaret's Prep School took part in Global Be Well Day. Pupils joined 45,000 children around the world to draw attention to the vital impact positive mental, physical and well-being can have on education.

The day featured 74 Cognita-run schools taking part in child-led activities on topics such as sleep, healthy lifestyles, social media and screen time.

Headteacher Callum Douglas said: "This is Cognita's first Global Be Well Day and allowed us all to learn more about looking after ourselves and looking out for each other.

"St Margaret's has a great tradition of pastoral care and an event like this, allowed our children to lead and embrace activities that encourage self-care, fitness and reflection in a meaningful and fun way." Pupils took part in activities ranging from games to exploring a nature reserve, colouring and yoga.