

WALSALL

Day dedicated to mental wellbeing

Pupils at Hydesville Tower School in Walsall joined over 45,000 children and young people around the world to draw attention to the vital role of mental wellbeing in education.

Hydesville collapsed the curriculum for the entire day to mark Global Be Well Day, a worldwide event led by Cognita, the group of 74 schools of which Hydesville Tower School is a member.

With children ranging in age from three to 16 years old, the challenge at Hydesville Tower School was to create a meaningful series of events. Favourites included the animal café, with time to pet and look after a range of animals; Zumba and kickboxing; meditation and yoga to help promote calm and mindfulness; and lots and lots of smiles.

Warren Honey, headmaster, said: "This was a wonderful opportunity for the Hydesville community to come together and put mental health in the spotlight. As a school, we value the person and their emotional wellbeing, so planning these events felt a natural opportunity to prepare our children for the various challenges of life."

