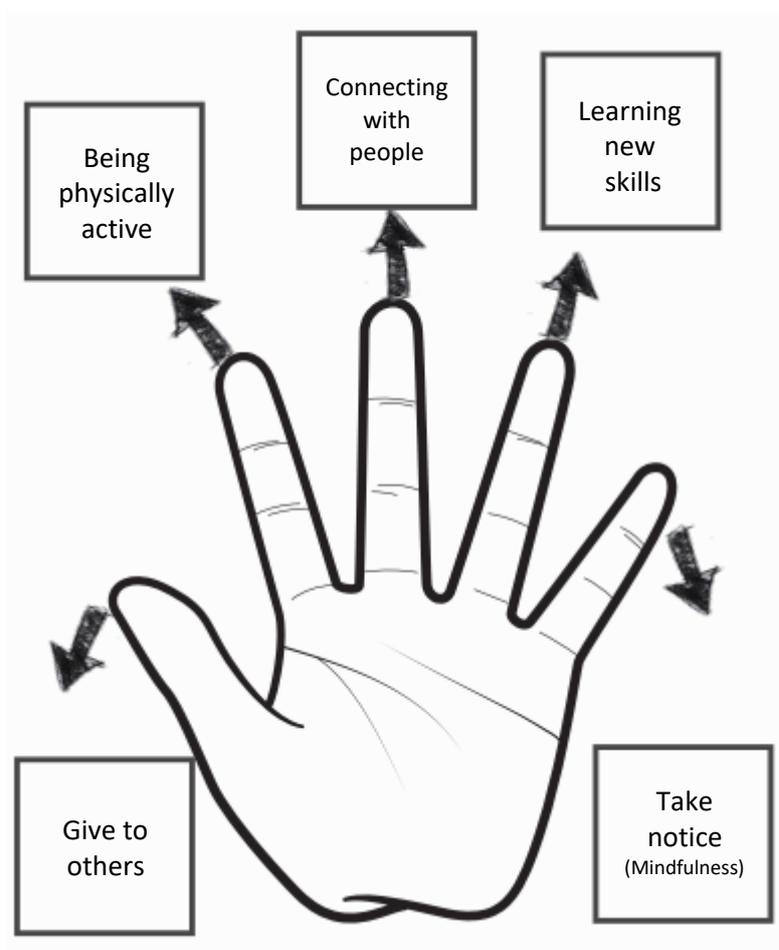


On Monday 6th February, three outreach workers from Project Me delivered assemblies for Years 1, 3 and 4. During the assemblies they helped the children to consider the five steps to mental well-being and think about what helps them to have a happy, healthy mind.

The five steps to mental well-being that were discussed are -



We are looking forward to Project Me returning later on this year to deliver the assemblies to Year 2, 5 and 6.