

Committed cross country runners!



A brilliant turn-out for cross country on **Hello Yellow World Mental Health Day**. No better way to look after your physical fitness and your mental well-being than a cross country run with friends before school! Well done to all runners! Thank you to Bob, Nadine, Mark, Spike and Donna for all your encouragement and support!

Be active for your mental health! One of the best things we can do for our mental health and well-being is to be active – it's a natural mood booster. Our bodies release feel-good hormones when we're active that can also reduce anxiety and stress, and help us sleep better. NHS website.