

# Committed cross country runners!

YOUNGMINDS

**Hello  
Yellow**  
FRIDAY 10 OCT



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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.**