



FEELING GOOD: Pupils learned about healthy eating and exercise during a wellbeing day. Forest Park Primary School, Etruscan Primary, Carmountside Primary Academy, St Marks CE (A) Primary, Abbey Hulton Primary, Werrington Primary and Thomas Boughey Nursery School took part in the event. Carmountside Primary Academy assistant headteacher Sally Lynch said: "Pupils learned about

mindfulness as a tool of relaxation and took part in yoga sessions and learning about healthy eating." Pictured, from left, are Fraz Saeed, aged 10, from Etruscan Primary; Leighton Rushton, aged 10, from Forest Park Primary; Leila Cuthbertson, aged 10, from Carmountside Primary and Hussain Kamal, aged 11, from St Marks CE (A) Primary.

Picture: Phil Radcliffe