

On the 12<sup>th</sup> February we held a Health and Well Being Day as part of the Professional Teacher Studies Programme 2019/20.

The programme consisted of a number of talks about mental health in schools, medical well-being in school, pupil support and personal well-being. Over 40 trainees benefited from the talks and we would like to thank everyone who spoke as their wealth of experience really makes a difference to the trainees.

