

### School Council Meeting

Tuesday 12<sup>th</sup> March 2019

10am in HT's office with Mrs Hudson

#### 1) Mental Health & Emotional Wellbeing

Following our recent Healthy Living Week, we discussed the impact it has had on our knowledge and understanding of how we can help ourselves to lead a healthy lifestyle. The reps spoke very positively about the workshops which each class had. Yoga and reflexology were very popular. They found the healthy eating workshops with Chartwells fun.

The reps devised a questionnaire (see attached) for feedback from their year groups. These views will be gathered and then shared at our next meeting.

#### Next meeting

Thursday 9<sup>th</sup> May at 10am in Mrs Hudson's office