

Emotional Health and Wellbeing in Mayland

Maylandsea Primary School in Mayland chose to start the new term off in a very positive way for staff. In conjunction with the Healthy Schools Programme and funded by both Health and Education they held an inset day on stress management. The morning was given to a stress management workshop that looked into causes and signs of stress as well as stress relieving techniques. During the afternoon staff had the opportunity to experience acupuncture, reiki, reflexology and have their cholesterol and blood pressures checked.



The day was really well received by staff and a follow up event has been arranged for half way through the school year. Congratulations to Anne Moody – Healthy Schools Co-ordinator for recognising and addressing a need within the school and to the staff for their full participation which made the event such a success.

