



■ Dance lessons were a hit.



■ Aaron Stewart takes on a giant hoola hoop.

## Wellbeing week comes to school

PUPILS were taught the importance of mental and emotional health at a Wrexham high school. Ysgol Bryn Alyn, Gwersyllt, held its first emotional health and wellbeing week with pupils from Years 7, 8, 9 and 10 learning of the support offered by nationwide charities.

They were also encouraged to take part in workshops dealing with issues such as stress, puberty, sexual health, drugs and alcohol. They also had the chance to try out activities such as circus skills, graffiti art, skateboarding and many more.

More than 40 organisations held workshops throughout the week letting pupils know of the services they provide. Organisations involved included Barnardo's Cymru, the NSPCC, the Rape and Sexual Abuse (RASA) Centre and many more.

Claire Corfield, assistant headteacher and organiser of the wellbeing week, said: "It was to show them that the support is out there. We're their safety net, but we'll soon be closed for six weeks. "I think it's very important that we teach them to be rounded individuals. "It's issues that might be covered in their personal and social education lessons, but this is far more intense. If they can get 100 minutes with a specialist, it's quite intense and informative."

Miss Corfield added: "We've had very positive feedback, the pupils thoroughly enjoyed it."

"When we asked whether they wanted to hold another one next year, the answer was a resounding yes."

■ Taking part in skateboarding lessons are Shannon Tye, Alice Roberts, Casey Wright, Emily Davies and Holly Williams



■ Giyn Jones and Matthew Owens walk tall as they have a go at some circus skills.

## School joins salmon release

PUPILS from Ysgol Cynddelw, Giyn Ceiriog, helped staff from Natural Resources Wales to release 40 salmon into the river Ceiriog near the school. Pictured (left to right) are Ifan Davies, Joel Rees-Davies and Jasmine Wright. (HD140714)

