

HERON HEALTH

MONTHLY WELLBEING NEWSLETTER



NORTH CURRY
C of E PRIMARY SCHOOL

At North Curry Primary School, we understand how physical health and mental wellbeing are interlinked. The health and wellbeing of our whole school community is our upmost priority, and we adopt a whole-school approach to the teaching and promotion of health and wellbeing which has a potential positive impact it has on all our lives. We are launching this monthly newsletter for parents and carers to emphasise and promote the positive two-way relationship of physical and mental health and will include nutrition, the importance of staying active and ways of managing mental health.

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March 2023

Nutrition:



[What's in season in March? - BBC Good Food](#)



Awareness Days March 2023

World Book Day
Fairtrade Fortnight
St David's Day
British Science Week
St Patricks Day
Mother's Day
Spring Equinox
Daylight Saving Time begins



Spring into Mental Health

Spring is in the air! It is a season filled with hope, growth, new life and excitement. The weather is warming, the plants are in bloom, ideas and plans of new activities begin to emerge. If you are a gardener, you know that Spring is a time to nurture your plants and prepare them for a year of growth. A gardener takes time pruning, fertilizing, planting and watering to help plants flourish during this natural season of growth. Here are some areas to consider nourishing: Relationships – take stock of your relationships and consider one that may need nourishing. Health – put fresh ideas or energy into healthy meals, exercising or stress relieving activities. Family Time – consider how your family is getting along and plan an activity that may increase. Environment – your living or work environment can have an impact on your mood, happiness and success. [Spring Time: A Time to Nourish your Well-Being - Therapy](#)

Podcasts



[How to Have a Better Brain - Diet - BBC Sounds](#)



NORTH CURRY

SPORT AND FITNESS

Yoga Classes

Contact: Beccy Swaine
email: beccy_swaine@hotmail.com
telephone: 01823 490825

Tone Dance

Contact: Joanne Preston
email: joannepreston1@btinternet.com
telephone: 01823 491083

Stoke St Gregory Tennis Club incorporating North Curry

Contact: Stuart Mark (Chairman)
email: stuart.w.mark@btinternet.com
telephone: 01823 490541

North Curry Football Club

Contact: Richard Perry (Chairman)
email: richardandhayleyperry@btinternet.com
telephone: 01823 490089 or 07786 579 410

North Curry Cricket Club

THE CLUB HOUSE
White Street Sport Ground
North Curry
Somerset
TA3 6AS
Telephone: [07702 000826](tel:07702000826)



Somerset Skills & Learning offer a wide range of courses for adults – take a look and explore opportunities for professional development or simply learn to enhance your life and wellbeing.

[Courses - Somerset Skills & Learning: SS&L \(\[sslcourses.co.uk\]\(http://sslcourses.co.uk\)\)](#)



Good Food:

[March recipes | BBC Good Food](#)

[» recipes \(\[deliciouslyella.com\]\(http://deliciouslyella.com\)\)](#)

[Seasonal produce | Jamie Oliver](#)

The health and wellbeing of our whole school community is our upmost priority. Mental health and wellbeing support is available for all pupils, parents, carers and staff. Support available includes bereavement and loss support, conflict in the home, mental health first aid, parenting support, school attendance, separation and divorce and time to talk. If you would like support, signposting or referrals to an outside agency please contact Ms Victoria Harris viharris@nc.huish.education