

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 producing 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. Many thanks Ms Harris

Ms Victoria Harris

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April 2023

Nutrition:



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



Podcasts



[BBC Sounds - The Food Programme - Available Episodes](#)

Why do we Become More Active in Springtime?

[Effect of Spring on Mental Health |](#)

As humans, we are programmed to rest and sleep when it's dark out, which is why during the winter, we produce more melatonin – the sleep hormone. However, as we experience more light come springtime, our pineal gland tells our brain to slow down the production of melatonin and increase the production of serotonin. Serotonin is the hormone that stimulates happiness and increases our overall mood. The change in these hormones makes us feel more active and livelier. The warmer spring weather allows us to get back outside in nature. Our skin uses the sunlight to produce more vitamin D which has vital functions for good health and mental wellbeing. The temperature outside also makes us feel more comfortable which impacts our emotions. Having access to nature and more comfortable temperatures helps people to feel more relaxed, and it increases our feel-good hormones.



Fitness & Exercise

[Exercise - BBC News](#)

[Donna Noble: Why Yoga Is For Everyone | Happy Place \(happyplaceofficial.co.uk\)](#)



North Curry Produce Market



North Curry Village Hall

First Saturday every month



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 \(sslcourses.co.uk\)](#)



[The Athelney Benefice - North Curry](#)



Good Food:

[» recipes \(deliciouslyella.com\)](#)

[Seasonal produce | Jamie Oliver](#)



[Recipes / Riverford](#) Scan QR



[Family Health - North Curry Health Centre](#)



Clubs, Societies and Groups using the Village Hall

<u>Day</u>	<u>Organisation Name</u>	<u>Time</u>	<u>Location</u>	<u>Additional Information</u>
MONDAY	Parents & Toddlers	09:00 – 11:30	Main Hall	Term time only
	Embroidery	12:00 – 16:00	Main Hall	2 nd week of month
		12:00 – 16:00	Main Hall	4 th week of month
	Fish & Chips in car park			
TUESDAY	Tuesday Lunch Club	11:30 – 13:45	Main Hall	Alternate weeks
	Dragonflies Dance	16:45 – 21:30	Main Hall	Term time only
WEDNESDAY	North Curry Bowls Club	10:00 – 12:00	Main Hall	
	Women's Institute	13:30 – 16:45	Main Hall	1st week of month
	Barn Dance Club	19:30 – 21:30	Main Hall	1st week of month
	North Curry Society	19:30 – 22:00	Main Hall	3rd week of month
	North Curry Film Club	19:30 – 22:30	Main Hall	Last Wednesday of month
	Parish Council	19.15 – 22.00 19.15 – 20.30	Meeting Room Meeting Room	2nd week of month 4th week of month
THURSDAY	Art Club	09:45 – 11:45	Meeting Room	
	Tone Dance	10:30 – 12:30	Main Hall	Term time only
	Ladies Badminton	14:00 – 15:00	Main Hall	Excluding August
	Dragonflies Dance	16:00 – 20:00	Main Hall	Term time only
	North Curry Choir	20:00 – 21:30	Main Hall	
FRIDAY	North Curry Orchestra	10:00 – 11:30	Main Hall	
	North Curry Bridge Club	10:00 – 12:00	Games Room	
SATURDAY	Produce Market	09:30 – 11:30	Main Hall	1st week of month
SUNDAY	North Curry Bowls Club	15:00 – 17:00	Main Hall	

For further information contact the Booking Secretary.
Email address: hallbookings@northcurry.com

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

