

# 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 utmost 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  
Senior Mental Health Lead/ELSA

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Mr Matt Bulbeck  
PE – Coordinator and PSHE Lead

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May 2023

## Nutrition:



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



## Podcasts



[The Music & Meditation Podcast - Ten Minute Meditations - Series 2 - Shape your inner voice: Giselle La Pompe-Moore - BBC Sounds](#)

## Ten ways to take time for yourself...

Do you tend to get overwhelmed with everything going on in your life? Whether it's the responsibilities piling up at work, the chores you must do at home, or the people in your life who need your attention, it can feel like you have too much on your mental load if you never get to step away from it all. That's why it's important to learn how to take time for yourself. So, what does it really mean to take time for yourself? How can you achieve this without the entire world falling apart? Let's explore why time alone is so important, plus 10 ways you can start setting time aside for yourself.

[10 ways to take time for yourself even with a hectic schedule \(betterup.com\)](#)



### Fitness & Exercise

Longrun Meadow parkrun? A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

[home](#) | [Longrun Meadow parkrun](#) | [Longrun](#)



### 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 \(sslcourses.co.uk\)](http://sslcourses.co.uk)



### THE ATHELNEY BENEFICE

[The Athelney Benefice - North Curry](#)



### Good Food:



[Waitrose Food Magazine](#)



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



## Clubs, Societies and Groups using the Village Hall

Day	Organisation Name	Time	Location	Additional Information
MONDAY	Parents & Toddlers	09:00 – 11:30	Main Hall	Term time only
	Embroidery	12:00 – 16:00	Main Hall	2 <sup>nd</sup> week of month
		12:00 – 16:00	Main Hall	4 <sup>th</sup> 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](mailto: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](mailto:viharris@nc.huish.education)

## FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.