

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

Senior Mental Health Lead/ELSA

viharris@nc.huish.education

Mr Matt Bulbeck

PE – Coordinator and PSHE Lead

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June 2023

Nutrition:



<https://www.bbcgoodfood.com/howto/guide/whats-season-june>

Podcasts



<https://www.bbc.co.uk/sounds/play/b065xhtm>

Diet - Sian Williams analyses the importance of diet to brain health.

Fun in the Sun - Advice for adults and children on sunscreen and sun safety in the UK and abroad.



[Sunscreens and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk)





Fitness & Exercise

Couch to 5K

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/>



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 \(sslcourses.co.uk\)](https://sslcourses.co.uk)

North Curry Produce Market



North Curry Village Hall

First Saturday every month



Sunday 11th June 2023 Castle Green



[The Athelney Benefice - North Curry](#)

Parenting Workshops

Sara and Mandy Email: info@taps-taunton.org.uk Facebook or Instagram: Taunton Area Parenting Support or TAPS

How Playful Parenting Workshops have helped other parents

"I've learnt about how to be more playful all the time."

"It's great to actually enjoy the wonderful world of child play."

"I will be more aware when my children play in their unique way."

"The importance of play I hadn't even really analysed it, before I don't do enough with my girls and I'd like to do more."



The Nurturing Programme Playful Parenting Workshops

Where:

Wellsprings Community Church
Quantock Road,
Taunton TA2 7NL

When:

Contact details:

Sara and Mandy
Email: info@taps-taunton.org.uk
Facebook or Instagram:
Taunton Area Parenting Support
or TAPS



Playful Parenting Workshops

Information for parents and carers



[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	Meeting Room	2nd week of month
		19.15 – 20.30	Meeting Room	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

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.

 Mental Health Foundation
MHIHI TU, MHIHI OPU
OF NEW ZEALAND