

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 culture, relaxation, nutrition, 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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July 2023

Nutrition:



What is in season in July?

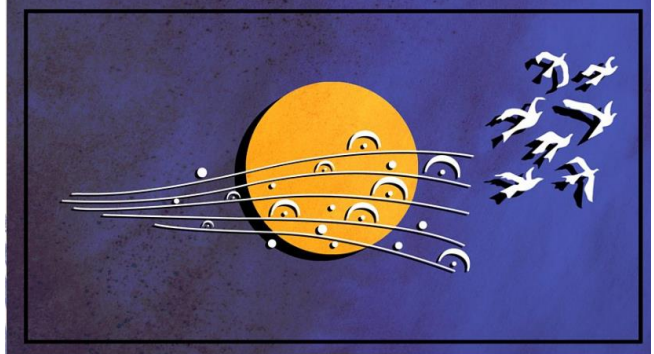
[What's in season - July | BBC Good Food](#)

Podcasts: [BBC Radio 3 - Unplugged](#)

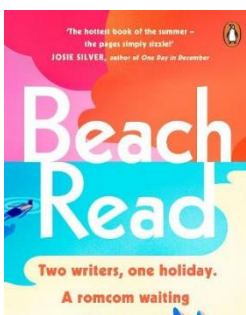
Proms

THE WORLD'S GREATEST CLASSICAL MUSIC FESTIVAL
14 July – 9 September 2023 • Royal Albert Hall

[Home](#) [What's On](#) [Tickets](#) [On TV](#) [Festival Guide](#) [About](#)



Summer Holiday Reading 2023



[Summer 2023 | Waterstones](#)

[Top Beach Reads for 2023 | WHSmith](#)

[Best summer books 2023: New releases to read | The Independent](#)

[Amazon.com: Summer Reading: Books](#)



Fitness & Exercise

Blackbrook Leisure Centre & Pool

[Blackbrook Leisure Centre & Spa | Gym, Swim & Tennis | Everyone Active](#)



North Curry Produce Market



North Curry Village Hall

First Saturday every month



[Somerset | Accommodation | Attractions | Things to do | Events in Somerset - Visit Somerset](#)



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



Good Food:

[Waitrose Food Magazine](#)



[The Athelney Benefice - North Curry](#)



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



2023 Sporting Events to Watch This Summer!



2023 sporting calendar: The year's main events from Women's World Cup football to Ashes series and men's rugby union World Cup...

Sporting highlights in 2023

16 June-31 July: Cricket - Men's Ashes

22 June-18 July: Cricket - Women's Ashes

1-23 July: Cycling - Tour de France

3-16 July: Tennis - Wimbledon

8-17 July: Para-athletics - World Championships, Paris

9 July: Formula 1 - British Grand Prix, Silverstone

20-23 July: Golf - Open Championship, Royal Liverpool, Hoylake

20 July-20 August: Football - Women's World Cup, Australia and New Zealand

23-30 July: Cycling - Tour de France Femmes

31 July-6 August: Para-swimming - World Championships, Manchester

August Cricket - The Hundred



Parent Surgeries: The health and wellbeing of our whole school community is our utmost 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
Mauiri iā, mauiri oia