

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 produce this monthly newsletter for parents, carers and staff 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 in the community. Many thanks Ms Harris and Mr Bulbeck

Ms Victoria Harris

Senior Mental Health Lead/ELSA

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Mr Matt Bulbeck

PE – Coordinator and PSHE Lead

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September 2023

Nutrition:



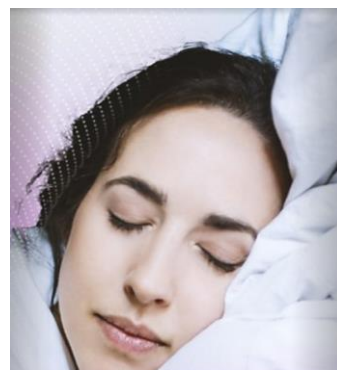
What is in season in September?

[What's in season – November | BBC Good Food](#)

Podcasts:

Wind Down - Soothing stories and soundscapes to help you drift off to sleep.

[BBC Sounds - Wind Down - Available Episodes](#)



How to give your Wellbeing a Refresh this Autumn...



Article: <https://www.independent.co.uk/life-style/health-and-families/focus-netflix-b2162465.html> Much as we love the blue skies, beach vibes and long, lazy days of

summer, there's something about the first signs of autumn that stirs the senses.

Whether it's the chill in the air as you step into the low autumn sun, the first stroke of a woolly jumper, or that back-to-school, slightly nervy, excited feeling – it's time to press the refresh button and show yourself a little self-love.



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](#)



[The Athelney Benefice - North Curry](#)



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



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



Food Ideas



[Waitrose Food Magazine](#)



Mr B's 2023

Autumn Sporting Calendar:



8 September-28 October: Rugby Union - Men's World Cup, France

12 September: Football - 150th anniversary match: Scotland v England, Hampden Park

22-24 September: Golf - Solheim Cup, Malaga, Spain

29 September-1 October: Golf - Ryder Cup, Marco Simone Golf Club, Rome

5 October-19 November: Cricket - Men's World Cup, India

Parent Surgeries: 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 a parent session, 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
mauri tu, mauri ora