NORTH CURRY C OF E PRIMARY SCHOOL

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's in season in October | BBC Good Food

Podcasts:

The Music & Meditation Podcast - Series 1 - Welcome to The Music & Meditation Podcast - BBC Sounds

World Mental Health Day is on 10 October 2023. It's a day to raise awareness of mental health problems.

But more and more of us are aware of mental health. And so many of us still aren't getting the right support.

World Mental Health Day - Mind

Information and support - Mind

Fitness & Exercise

[home | Longrun Meadow parkrun | Longrun Meadow parkrun]

Food Ideas

[Organic veg boxes / Riverford]

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]

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