# HERON HEALTH

#### MONTHLY WELLBEING NEWSLETTER





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

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Mr Matt Bulbeck

PE - Coordinator and PSHE Lead

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November 2023

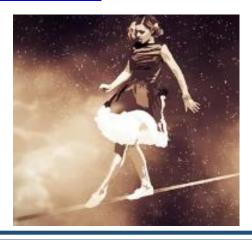
#### **Nutrition:**



What's in season - November | BBC Good Food

#### Podcasts:

<u>Mysteries of Sleep - Series 1 - Sleep Deprivation and</u> Insomnia - BBC Sounds





### TAKING ON MEN'S HEALTH GLOBALLY



Movember are the leading charity changing the face of men's health.

For more information please follow the linb.

<u>Movember - Changing the face of men's</u> <u>health - Movember</u>



Fitness & Exercise at Blackbrook. Blackbrook Leisure Centre & Spa's fantastic range of facilities helps make it one of the surrounding area's premier activity venues. With first-class tennis facilities, state-of-the-art gym, a group fitness studio, the main and teaching pools, a sports hall, as well as a whole host of family-friendly activities. The centre also includes a spa that offers a superb variety of luxurious pampering packages suited to every budget. Blackbrook Leisure Centre & Spa | Gym, Swim & Tennis | Everyone







#### **Emotionally Intelligent Parenting**

A FREE six-session programme for parents of toddlers to teens.

#### Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?





Waitrose Food Magazine

#### 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

### November Sporting Calendar:

- 3-5: Judo European Championships, Montpellier, France
- 5: Formula 1 Brazilian Grand Prix, Sao Paulo
- 5: Athletics New York City Marathon
- 9-12: Gymnastics World Trampoline & Tumbling Championships, Birmingham
- 12-19: Tennis ATP Finals, Turin
- 16-19: Golf DP World Tour Championship, Jumeirah Golf Estates, Dubai
- 16-19: Golf LPGA Tour Championship, Ritz-Carlton Golf Resort, Naples, Florida

- 17: Football European Championship qualifying including England v Malta, Finland v Northern Ireland
- 18: Football European Championship qualifying including Armenia v Wales
- 18: Formula 1 United States Grand Prix, Las Vegas
- 19: Football European Championship qualifying including Scotland v Norway
- 20: Football European Championship qualifying including North Macedonia v England, Northern Ireland v Denmark
- 21: Football European Championship qualifying including Wales v Turkey
- 21-26: Tennis Davis Cup finals, Malaga

## 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 TOURSELF



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.

