

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

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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:

[Mysteries of Sleep - Series 1 - Sleep Deprivation and Insomnia - BBC Sounds](#)



 **MOVEMBER®**

TAKING ON MEN'S HEALTH GLOBALLY

 **MOVEMBER®**

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

**For more information please follow
the link.**

[Movember - Changing the face of men's
health - Movember](#)



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](#)



North Curry Produce Market



North Curry Village Hall

First Saturday every month



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



Tuning in to Kids

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?



'Tuning in to Kids' shows you how to help your child develop *emotional intelligence*.



[The Athelney Benefice - North Curry](#)



[Waitrose Food Magazine](#)



[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 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