

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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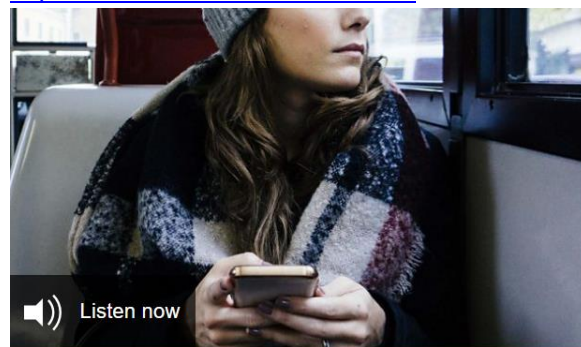
December 2023

Nutrition:



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

Podcasts: [Fit & Fearless - The Mind Medic: How to cope with Christmas - BBC Sounds](#)



The Mind Medic: How to cope with Christmas

Psychiatrist Dr Sarah Vohra, AKA The Mind Medic, joins Vic, Tally and Zanna to pass on her practical advice to help our mental well-being.

[Show more](#)

13 December 2018
Available now
⌚ 40 minutes

'Lyme Regis Lunge' 1st January 2024 at 13:00

[Lyme Lunge - Love Lyme Regis](#)



Wellbeing tips for frazzled parents over Christmas

[Wellbeing tips for frazzled parents over Christmas - Basking Babies](#)



North Curry Produce Market



North Curry Village Hall

First Saturday every month



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



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



[Visit Taunton](#) - [Visit Somerset](#)



Christingle!

4pm, 3rd December in North Curry Methodist Church

5pm Crib Service St Peter and St Paul Christmas Eve

The Athelney Benefice - North Curry

[Waitrose Food Magazine](#)

