



# HERON HEALTH

**NORTH CURRY**  
CofE PRIMARY SCHOOL

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  
Senior Mental Health Lead/ELSA

Mr Matt Bulbeck  
PE – Coordinator and PSHE Lead

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February 2024

## Nutrition:



[What's in season - February | BBC Good Food](#)

## Podcasts:



<https://www.bbc.co.uk/sounds/play/m001tgzg>



## Pancake Day Tuesday 13<sup>th</sup> Feb

[Best pancake recipes for dinner | BBC Good Food](#)

[Flip your way through Pancake Day | BBC Good Food](#)





[How we can use spring to boost our mental health - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org/)



[Tacchi-Morris Arts Centre - Theatre, Dance, Music, Classes in Taunton](#)

Music Theatre Classes  
Dance Comedy Visual Arts

## 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](#)

## Mr B's Sporting Calendar February 2024

[2024 sporting calendar: The year's main e the Olympics, Paralympics and men's and Cups - BBC Sport](#)

- 15-28 January - Tennis - Australian Open,
- 25 January to 11 March - Cricket - India v England five-Test series
- 2-18 February - Aquatics - World Championships, Doha
- 2 February to 16 March - Rugby union - Six Nations
- 11 February - American football - Super Bowl, Allegiant Stadium, Las Vegas
- 17 February - Boxing - Tyson Fury v Oleksandr Usyk,
- 28 February - Football - Women's Nations League final, venue TBD



[Things to do in Taunton](#) | [Attractions, Things to Do, Activities & Events in Taunton](#) | [Visit Taunton](#) - [Visit Somerset](#)

