



**NORTH CURRY**  
CoE PRIMARY SCHOOL

# 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 utmost 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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March 2024

## Nutrition:

[What's in season in March? - BBC Good Food](#)



## Podcasts:

[Just One Thing - with Michael Mosley - Get an Early Night - BBC Sounds](#)



## Nutritional Benefits of Water

1. May improve memory and mood
2. May aid weight maintenance
3. May improve exercise performance
4. May support the health of the urinary system

<https://www.bbcgoodfood.com/howto/guide/what-are-health-benefits-drinking-water>

### March Wellbeing Calendar Dates



- 1st March | Employee Appreciation Day
- 8th March | International Women's Day
- 15th March | World Sleep Day
- 12th – 18th March | Nutrition And Hydration Week
- 18th – 24th March | Neurodiversity Celebration Week

### North Curry Produce Market



**North Curry Village Hall**  
**First Saturday every month**



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



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



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

### Mr B's Sporting Calendar March 2024

- 2 February to 16 March - Rugby union - Six Nations
- 1-3 March - Athletics - World Indoor Championships, Glasgow
- 12-15 March - Horse racing - Cheltenham Festival
- 21 March - Football - European Championship qualifying play-off semi-finals: Wales v Finland
- 23 March - Football - England v Brazil, Wembley Stadium
- 23 March to 27 April - Rugby union - Women's Six Nations



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

