

# 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 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 are producing this monthly newsletter for parents and carers to emphasise and promote the positive two-way relationship of physical and mental health and will include nutrition, the importance of staying active and ways of managing mental health. Many thanks Ms Harris

Ms Victoria Harris  
Senior Mental Health Lead/ELSA

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Mr Matt Bulbeck  
PE – Coordinator and PSHE Lead

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May 2024

## What is in season May:

<https://www.bbc.co.uk/food/seasons/may>



## Podcast: An Almanac for Anxiety: In Search of a Calmer Mind

<https://www.bbc.co.uk/sounds/play/m001p6vt>



## Fun in the Sun - Advice for adults and children on sunscreen and sun safety in the UK and abroad.



<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

### Sun safety tips this summer:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen





## Fitness & Exercise

### Couch to 5K

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/>



## North Curry Produce Market



North Curry Village Hall

First Saturday every month



Sunday 11<sup>th</sup> June 2023 Castle Green



[The Athelney Benefice - North Curry](#)



Somerset Skills & Learning offer a wide range of courses for adults – take a look and explore opportunities for professional development or simply learn to enhance your life and wellbeing.

[Courses - Somerset Skills & Learning: SS&L \(sslcourses.co.uk\)](https://www.sslcourses.co.uk)



## Parenting Online Workshops

[Book here](#)

**FREE ONLINE WORKSHOPS FOR PARENTS & CARERS**

**SUPPORTING EXAM/TEST WELLBEING**

*Would you like to know about supporting your child's wellbeing through exams and tests?*

This 1 hour virtual workshop will explore:

- What might get in the way of wellbeing during exams
- How our brain and body might respond to stress and overwhelm
- Ideas of how to support our children (and ourselves) before, during and after exams.

**WHEN?**

Wednesday 10<sup>th</sup> April 18:00-19:00 | [Register here](#)  
Or  
Tuesday 16<sup>th</sup> April 13:30-14:30 | [Register here](#)  
Or  
Wednesday 1<sup>st</sup> May 10:00-11:00 | [Register here](#)

**PLEASE NOTE:** THESE WEBINARS ARE ONLY FOR PARENTS AND CARERS IN SCHOOLS. WE ARE CURRENTLY WORKING IN. PLEASE DO NOT SHARE WITH FRIENDS/FAMILY IN OTHER SCHOOLS.






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



# Mr B's Sporting Calendar May 2024

[2024 sporting calendar: The year's main events from Euro 2024, the Olympics, Paralympics and men's and women's T20 World Cups - BBC Sport](#)



11-29 May - Cricket - **England v Pakistan women's T20 and ODI series**

12 May - Football - Women's FA Cup final, Wembley Stadium

17-25 May - Disability Sport - World Para-Athletics Championships, Kobe, Japan

22 May - Football - Europa League final, Dublin Arena

25 May - Football - FA Cup final, Wembley Stadium; Scottish Cup final, Hampden Park; Women's Champions League final, Bilbao

25 May - Rugby union - European Champions Cup final, Tottenham Hotspur Stadium

26 May - Football - Women's Scottish Cup final, Hampden Park

26 May-9 June - Tennis - French Open, Roland Garros, Paris

29 May - Football - Europa Conference League final, Athens

The health and wellbeing of our whole school community is our utmost priority. Mental health and wellbeing support is available for all pupils, parents, carers and staff. Support available includes bereavement and loss support, conflict in the home, mental health first aid, parenting support, school attendance, separation and divorce and time to talk. If you would like support, signposting or referrals to an outside agency please contact Ms Victoria Harris [viharris@nc.huish.education](mailto:viharris@nc.huish.education)

