

# 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 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

[viharris@nc.huish.education](mailto:viharris@nc.huish.education)

Mr Matt Bulbeck  
PE – Coordinator and PSHE Lead

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June 2024

## Nutrition:

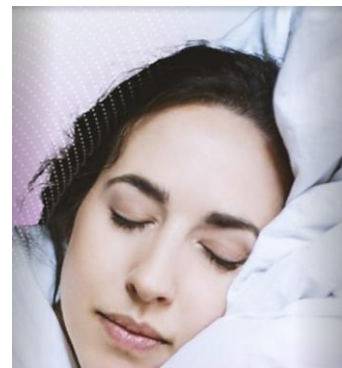


<https://www.bbc.co.uk/food/seasons/june>

## Podcasts:

Wind Down - Soothing stories and soundscapes to help you drift off to sleep.

[BBC Sounds - Wind Down - Available Episodes](#)



**MEN'S HEALTH WEEK**  
**2024 - JUNE 10-16, 2024**  
**#MENSHEALTHWEEK**

[Men's Health Week - GLOBAL ACTION ON MEN'S HEALTH \(gamh.org\)](#)



### Fitness & Exercise

**Blackbrook Leisure Centre & Pool**

[Blackbrook Leisure Centre & Spa | Gym, Swim & Tennis | Everyone Active](#)



### North Curry Produce Market



**North Curry Village Hall**

**First Saturday every month**



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



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 \(sslcourses.co.uk\)](#)



### Food Ideas



[Waitrose Food Magazine](#)



[The Athelney Benefice - North Curry](#)



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



# Mr B's

## June Sporting Calendar:



1 June - Football - Champions League final, Wembley Stadium

**4-30 June - Cricket - Men's T20 World Cup, hosts USA & West Indies**

7-12 June - Athletics - European Championships, Rome

8 June - Rugby league - Challenge Cup finals, Wembley

**14 June to 14 July - Football - Euro 2024, Germany**

26 June to 17 July - Cricket - **England v New Zealand women's ODI and T20 series**

29 June to 21 July - Cycling - **Tour de France** (starts in Italy)



**Parent Surgeries:** The health and wellbeing of our whole school community is our upmost 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 a parent session, signposting or referrals to an outside agency please contact Ms Victoria Harris [viharris@nc.huish.education](mailto:viharris@nc.huish.education)

## 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.