

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

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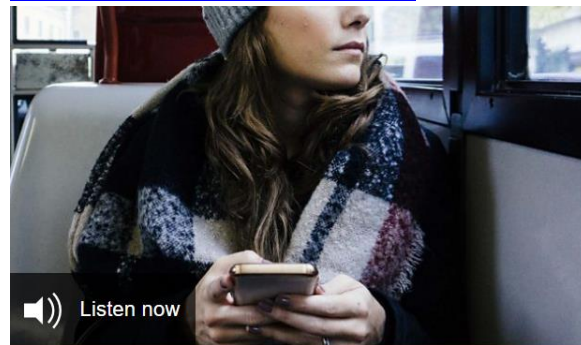
December 2024

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' Wednesday 1st January 2025

[Lyme Lunge - Love Lyme Regis](#)



Wellbeing tips for frazzled parents over
Christmas [10 tips on managing stress as a parent over
Christmas | BabyCentre](#)



"Sounding board" bot

Made for parents who are having disagreements, this tool helps you write emails, text messages, or get ready to talk with your partner or co-parent. Relate's "sounding board" bot is here to help you keep your messages clear, polite, and positive.

["Sounding board" bot | Relate](#)



5pm Crib Service St Peter and St Paul Christmas Eve

The Athelney Benefice - North Curry



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