

HERON HEALTH

MONTHLY WELLBEING NEWSLETTER



NORTH CURRY
CofE 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

Ms Victoria Harris

Mr Matt Bulbeck

Senior Mental Health Lead/ELSA

Year 6 Teacher/PE Coordinator/PSHE Lead

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January 2025

Nutrition:



[January ingredients - BBC Food](#)

Podcasts:



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



The Lunar New Year in 2025 welcomes the Year of the Snake, according to the Chinese lunar calendar. Celebrated by millions around the world, this is a time for cultural traditions, family reunions, and hopes for good fortune in the coming year.

[Lunar New Year 2025: A Guide to the Year of the Snake](#)

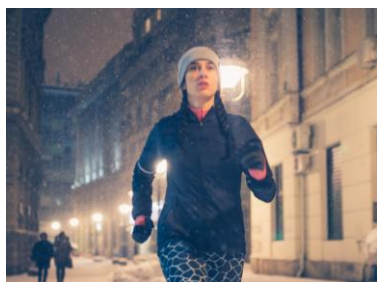
EMBRACE WINTER WELLBEING: HABITS, ROUTINES, AND RITUALS FOR SEASONAL LIVING

[Embrace Winter Wellbeing: Habits, Routines, and Rituals for Seasonal Living — Emily & the Plants](#)

DAILY HABITS & RITUALS FOR WINTER HEALTH & WELLBEING



[January fitness challenges to start your year - Women's Running](#)



Mr B's Sporting Calendar January 2025

12-26 January - Tennis - Australian Open, Melbourne

12 January to 2 February - Cricket - Women's Ashes in Australia – three one-day internationals, three T20 internationals and four-day Test match

22 January to 12 February - Cricket - England men in India - five T20 internationals and three one-day internationals

3-25 January - Winter Sports - X Games Aspen, Buttermilk, Colorado

31 January to 1 February - Tennis - Davis Cup Qualifiers first round: Japan v Great Britain, Miki City

31 January to 15 March - Rugby Union - Men's Six Nations - fixtures

North Curry Produce Market



North Curry Village Hall

First Saturday every month



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



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