



# HERON HEALTH



**NORTH CURRY**  
CofE PRIMARY SCHOOL

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

Mrs Victoria Hyland  
Senior Mental Health Lead/ELSA

Mr Matt Bulbeck  
Year 6/ PE and PSHE Lead

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February 2025

## Nutrition:



[What's in season - February | BBC Good Food](#)

## Podcasts:



[BBC Sounds - Classic Stories - Available Episodes](#)

**time to  
talk day**

**06/02/25**



Rethink  
Mental  
Illness.

<https://timetotalkday.co.uk/>





[How we can use spring to boost our mental health - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org/)



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

Music Theatre Classes  
Dance Comedy Visual Arts

### Mr B's Sporting Calendar February 2025

- 4-16 February - Winter Sports - Alpine Skiing World Championships, Saalbach, Austria
- 12-16 February - Cycling - European Track Cycling Championships, Heusden-Zolder, Belgium
- 15 February - Athletics - The Keely Classic, Birmingham Arena
- 19 February to 9 March - Cricket - Champions Trophy, Pakistan (India games to be played in Dubai)
- 26 February - Football - Women's Nations League: England v Spain
- 26-28 February - Formula 1 - Pre-season testing, Bahrain

### 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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