

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

Mrs Victoria Hyland
Senior Mental Health Lead/ELSA

vihyland@nc.huish.education

Mr Matt Bulbeck
PE – Coordinator and PSHE Lead

mabulbeck@nc.huish.education

March 2025

Nutrition:

[What's in season in March? - BBC Good Food](#)



Podcasts:

[Just One Thing - with Michael Mosley - Get an Early Night - BBC Sounds](#)



Pancake Day Tuesday, 4 March

[Best pancake recipes for dinner | BBC Good Food](#)

[Flip your way through Pancake Day | BBC Good Food](#)



March Wellbeing Calendar Dates



1st March | St Davids Day

8th March | International Women's Day

15th March | World Sleep Day

12th – 18th March | Nutrition And Hydration Week

17th – 23th March | Neurodiversity Celebration Week

[Resources](#) | [Neurodiversity Celebration Week](#)

North Curry Produce Market



North Curry Village Hall

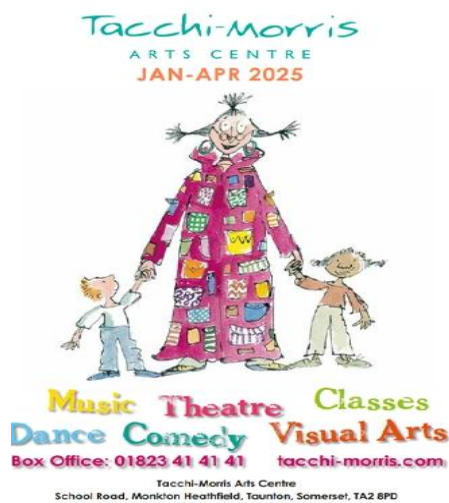
First Saturday every month



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



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



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

Mr B's Sporting Calendar March 2025

6-9 March - Athletics - European Championships, Apeldoorn, Netherlands

6-16 March - Winter Sports - Bobsled and Skeleton World Championships, Lake Placid, United States

8-10 March - Football - FA Cup quarter-finals

11-14 March - Horse Racing - Cheltenham Festival

13-16 March - Golf - Players Championship, TPC Sawgrass, Florida

16 March - Football - English League Cup final, Wembley Stadium



[Things to do in Taunton](#) | [Attractions, Things to do, Activities & Events in Taunton](#) | [Visit Taunton](#) - [Visit Somerset](#)

