

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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Senior Mental Health Lead/ELSA

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Mr Matt Bulbeck
PE – Coordinator and PSHE Lead

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June 2025

Nutrition:

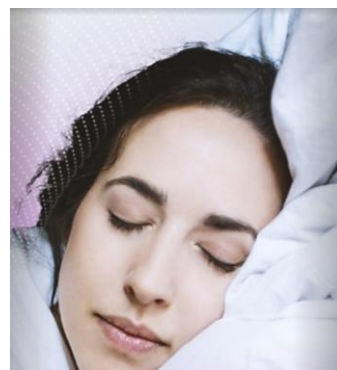


<https://www.bbc.co.uk/food/seasons/june>

Podcasts:

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

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



National Growing for Wellbeing Week 2025

June 2 – June 8



[National Growing for Wellbeing Week 2025 | Awareness Days Events Calendar 2025](#)



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](#)



[The Athelney Benefice - North Curry](#)



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



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 June 2025](#)

