



The Wellbeing Newsletter

October 2024

Welcome to our monthly newsletter which highlights all of the brilliant well-being resources that are available to our school community.

At Barmby Moor School, our pupils and parents can speak to teachers if they need support. Please also read on to find out about additional services which are available.

App of the month

Youper is an evidence based app which has been developed to help people with social anxiety gain confidence in social situations.

www.youper.co/start-now

Resource of the month

On My Mind is a new website which aims to empower young people to make informed choices about the mental health support they want, the treatments they receive and the outcomes they desire.

www.onmymind.info

Action for happiness

Try listening to music you really enjoy to fight boredom and elevate your mood.

Support

Who can pupils and parents talk to?

- Mr Baxter (head-teacher)
- Mr Hone (Youth Mental Health First Aider)
- Mrs Lucas (ELSA)
- Teachers and teaching assistants

Outside of school...

- Speak to your GP
- YoungMinds—text YM to 85258 (24/7 line)
- ChildLine—phone 0800 1111 anytime
- YorkMind—www.yorkmind.org.uk/how-we-help/young-peoples-service/





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Active 60!

Achieving the recommended sixty minutes of physical activity per day has been shown to improve both physical and mental wellbeing. Take a look at some of the ideas which could help your child to top up their daily minutes.

30:30

All children in school get access to a minimum of 30 minutes physical activity every day in school. This is achieved through active movement breaks throughout the day within lessons.

Top tips

Try an autumn walk around your local area. Can you complete a scavenger hunt and find the following items? Conkers, orange leaves, feathers, acorns and spider webs.

School Clubs

Tuesdays after school—KS1 Sports Club

Tuesdays after school—Musical Theatre Club

Wednesdays before school—KS2 Running Club

Wednesdays after school—Choir

Thursdays after school—KS2 Rugby Club

Local Clubs

Barmby Moor Football Club

Pocklington Runners

Pocklington Cricket Club

Pocklington Tennis Club

Francis Scaife Junior Squash

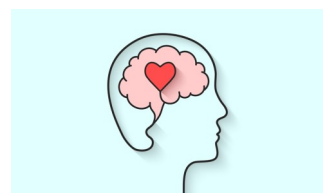
Phoenix High Flyers Trampolining

Pocklington Dolphins Swimming Club

October Walk

Huggate to Fridaythorpe—2 miles

See our final page for a map



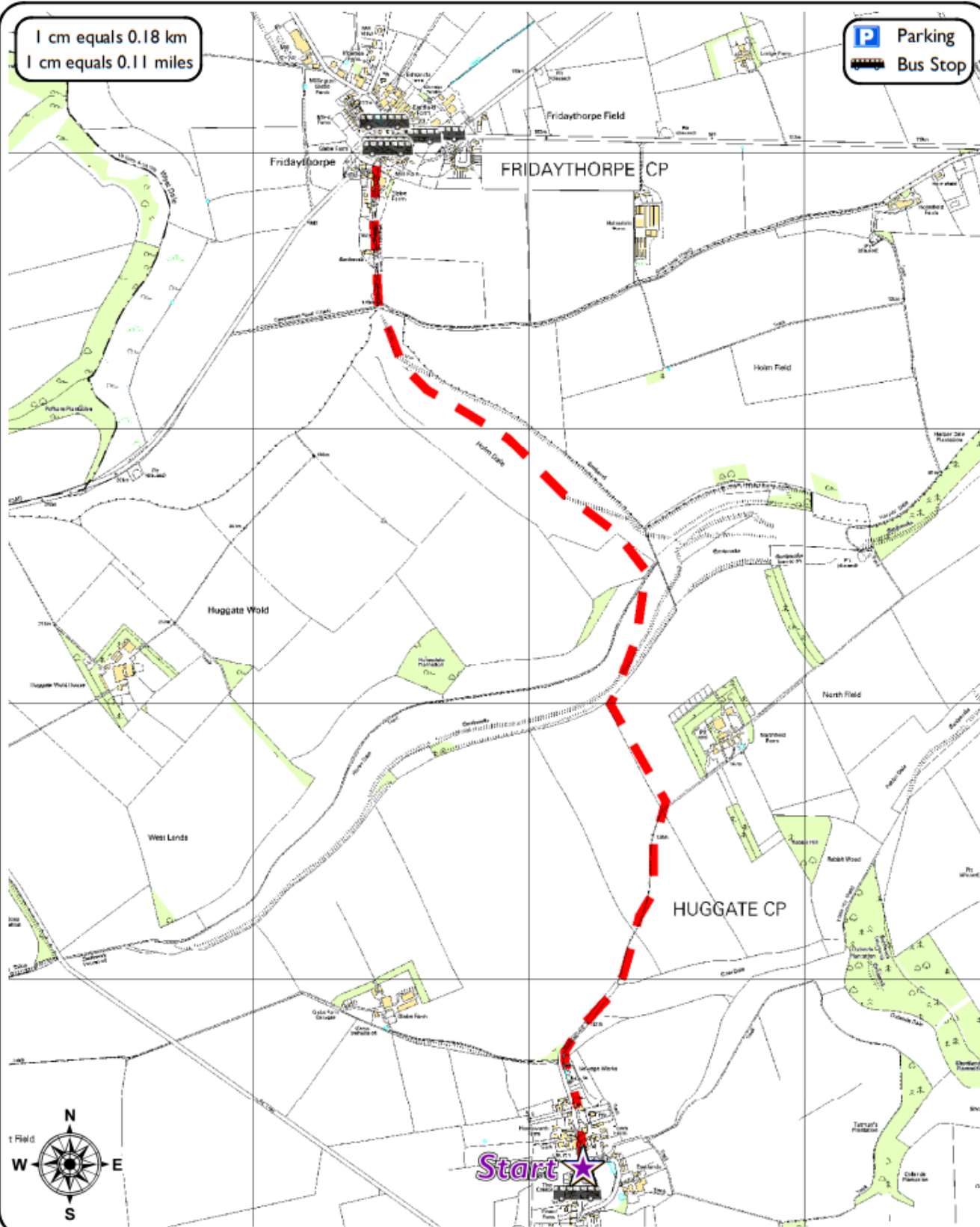
Yorkshire Wolds Way:

Huggate - Fridaythorpe

Grade : 
Length : 2 miles (3 km)
Start/End Point : Huggate / Fridaythorpe
Refreshments : Pubs in Huggate & Fridaythorpe
 Shops in Fridaythorpe
Toilets : None

1 cm equals 0.18 km
 1 cm equals 0.11 miles

 **Parking**
 **Bus Stop**



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