



The Wellbeing Newsletter

November 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.

How can I develop competence within my child?

Competence describes the feeling of knowing that you can handle a situation effectively.

- Help children focus on individual strengths
- Empowering children to make decisions
- Be careful that your desire to protect the child doesn't mistakenly send a message that you do not think they are competent at handling situations
- Avoid comparing competencies of siblings

Action for happiness

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

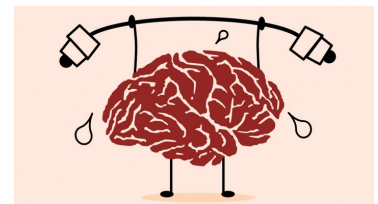
Support

Who can pupils and parents talk to?

- Mr Baxter (head-teacher)
- Mr Hone (Youth Mental Health First Aider)
- Mrs B Brown and 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

Have you thought about joining a local club? Many clubs and teams are often looking for new members through the Autumn term.

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

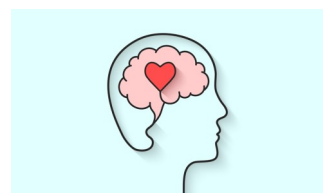
Phoenix High Flyers Trampolining

Pocklington Dolphins Swimming Club

October Walk

Worsendale to Stone Table—2.5 miles

See our final page for a map



Worsen Dale & Stonetable Hill

Grade :

Length : 2.5 miles (4 km)

Start/End Point : Bishop Wilton Village

Refreshments : Shop & Pub in Bishop Wilton

Toilets : The Square, Stamford Bridge

