



The Wellbeing Newsletter

April 2025

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.

Seeking Professional Help

When a young person or child has been experiencing poor mental health for an extended period of time (usually 4 weeks or more), it could be time to seek our support from a professional:

- **GPs**—this is the first port of call; if a young person and their family is not happy with a GP, they should not hesitate to seek help from another; GP surgeries should have at least one doctor who specialises in mental health (ask at the reception who they are)
- **Psychiatrists**—medical specialists who treat mental health and emotional issues; they generally only treat individuals who have severe or long-lasting issues; they are experts on medication
- **Counsellors and clinical psychologists**—specialists in the psychological treatment of mental health issues; they are not medically qualified so they cannot prescribe medication
- **Cognitive behavioural therapy**—a form of therapy often provided by counsellors and clinical psychologists; this form of therapy is based on the idea that our thoughts impact upon the way we behave and feel

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

Visit the NHS Healthier Families website below to access a range of ten minute games inspired by Disney Characters.

<https://www.nhs.uk/healthier-families/activities/10-minute-shake-up/>

School Clubs

Mondays at lunchtime—KS2 Football Club

Tuesdays after school—KS1 Cheerleading

Tuesdays after school—Musical Theatre Club

Wednesdays before school—KS2 Tennis Club

Wednesdays after school—Choir

Thursdays after school—Art club

Local Clubs

Barmby Moor Football Club

Pocklington Runners

Pocklington Cricket Club

Pocklington Tennis Club

Francis Scaife Junior Squash

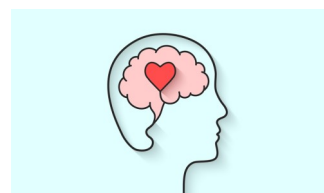
Phoenix High Flyers Trampolining

Pocklington Dolphins Swimming Club

December Walk

Millington Pastures Walk— 3.5 miles

See our final page for a map



Millington Pastures

Grade :

Length : 3.5 miles (6 km)

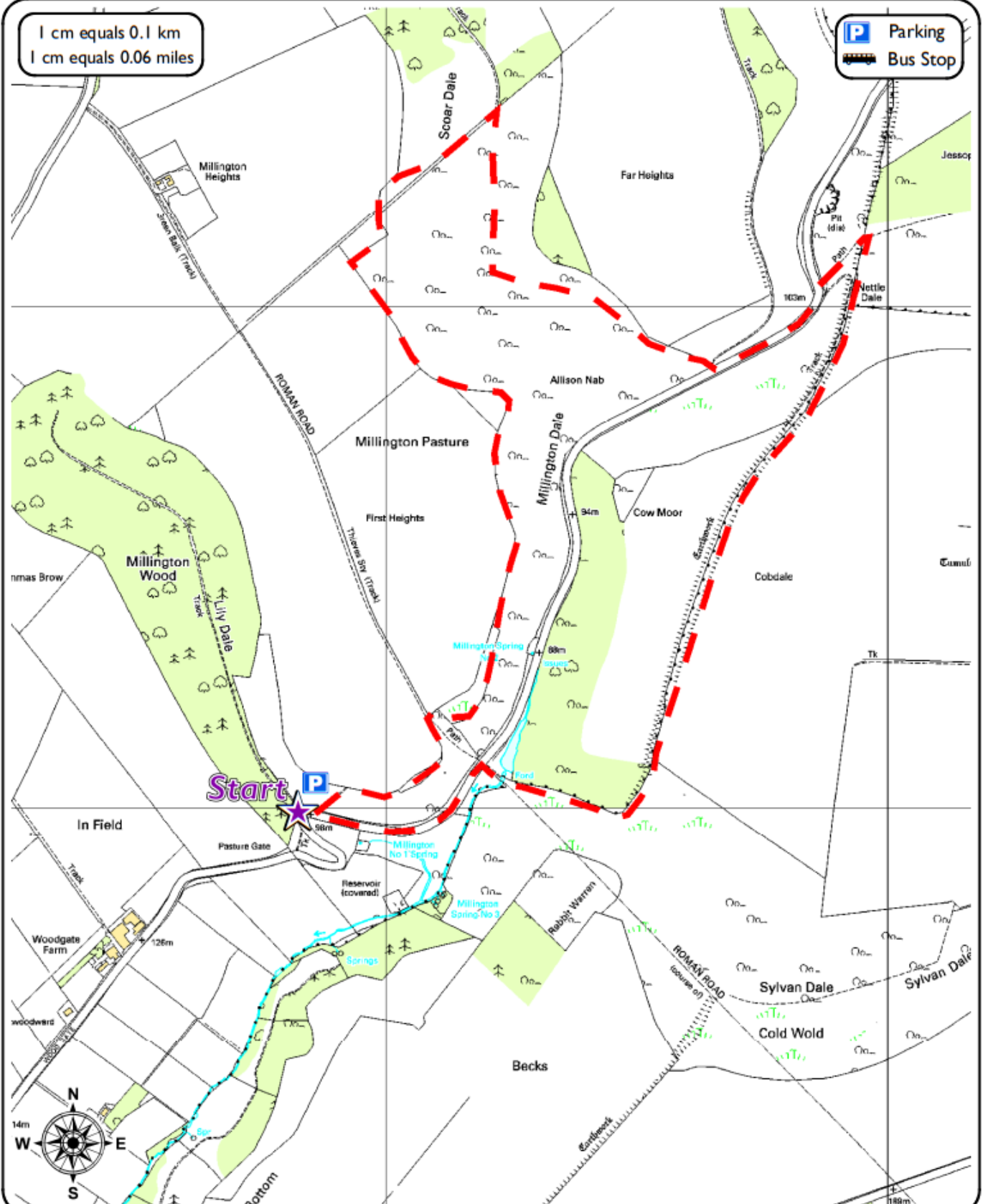
Start/End Point : Nature Reserve, Millington Pasture

Refreshments : Millington

Toilets : Railway Street, Pocklington

1 cm equals 0.1 km
1 cm equals 0.06 miles

Parking
 Bus Stop



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