



The Wellbeing Newsletter

Summer Two 2026

Welcome to our half termly newsletter which highlights all of the brilliant wellbeing 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.

Importance of Good Nutrition

Good nutrition plays a vital role in supporting children's overall wellbeing, helping them to grow, learn, and thrive. Balanced meals and regular eating patterns can improve energy levels, concentration, and mood throughout the school day. This half term, we are focusing on simple, practical ways families can encourage healthy eating habits at home, supporting children to develop a positive relationship with food that will benefit both their physical health and emotional wellbeing.

What poor nutrition can look like in children

Poor nutrition in children can show up in a range of physical, emotional, and behavioural signs. Children may seem frequently tired or low in energy, struggle to concentrate, or experience dips in mood such as irritability or frustration. You might also notice frequent hunger, reliance on sugary snacks, or complaints of headaches. Physically, poor nutrition can sometimes present as slow growth, frequent minor illnesses, or changes in weight. Over time, these symptoms can impact a child's ability to fully engage in learning and day-to-day activities.

How to encourage good nutrition

Parents can support good nutrition by establishing regular meal and snack routines that provide children with consistent energy throughout the day. Offering a balanced variety of foods—including fruits, vegetables, whole grains, and protein—helps ensure children receive the nutrients they need to grow and learn. Keeping healthy options easily available at home and involving children in simple choices, such as picking fruit for snacks or helping to plan meals, can encourage more positive attitudes towards food.

Small, practical habits can make a big difference. Eating together as a family where possible allows children to see and model healthy eating behaviours, while limiting highly processed or sugary foods helps maintain steady energy levels. Encouraging children to listen to their hunger and fullness cues, rather than pressuring them to "clean their plate," can also support a healthy relationship with food. By keeping routines consistent and making mealtimes relaxed and positive, families can help children develop lifelong healthy eating habits.





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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 below at how pupils may be able to achieve this away from school.

Inspiring Active Minds and Bodies: Men's FIFA World Cup

Major sporting events like the men's FIFA World Cup can be a powerful way to inspire children to adopt healthier habits. Families can use the excitement around matches to encourage regular physical activity, such as playing football together in the park, practising skills at home, or setting fun fitness challenges linked to their favourite teams. It also provides an opportunity to talk about teamwork, perseverance, and the importance of staying active. By connecting healthy habits to a global event that children find exciting, families can help make physical activity feel fun, meaningful, and part of everyday life.

Going for a swim

Families can play an important role in helping children become confident and proficient in the water by building positive early experiences of swimming. Regular, relaxed visits to the pool where children are encouraged to play, splash, and gradually explore deeper water can help reduce anxiety and build familiarity. Enrolling children in structured swimming lessons ensures they develop essential skills in a safe, supportive environment, progressing at a steady pace from basic water confidence to more advanced techniques.

Outside of lessons, parents can reinforce learning by practising simple skills together, such as floating, controlled breathing, and safe entry and exit from the water. Encouraging patience and celebrating small milestones helps children feel secure and motivated as they develop. Consistent exposure to swimming, combined with reassurance and encouragement, supports both confidence and competence, helping children become safe and capable swimmers over time.

Active 60 Bag

Each Friday, a pupil in every class will receive an 'Active 60' bag to take home over the weekend. Inside will be a small soft toy for children to be 'active' with. Children are encouraged to complete any physical activity over the weekend and record this into the scrapbook inside their bags. This could range from playing hockey to walking the dog; any activity which involves getting up and moving their body.

