



The Wellbeing Newsletter

June 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.

Spotting Anxiety

Everybody experiences anxiety at some point. Anxiety is a healthy, natural response to help us avoid dangerous situations and to motivate us to solve issues. However, an anxiety disorder can begin when these feelings last for longer, become more severe and impact negatively on daily life.

At home, an anxious young person may:

- be tearful in the mornings and say they don't want to go to school
- spend more time doing school work or express unnecessary concerns that the work isn't good enough
- complain of headaches and other physical symptoms (sometimes real, but sometimes as an attempt to avoid a situation)
- demand constant reassurance
- be irritable and snappy
- spend lots of time worrying about their appearance and behaviour leading up to social events or being reluctant to attend at all

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

Keep activity fun – it shouldn't seem like a chore or punishment. For younger children, try fun games like tag or hide-and-seek. Try to associate activity with having fun from an early age.

School Clubs

Mondays at lunchtime—KS2 Football Club

Tuesdays after school—KS1 Hockey

Tuesdays after school—Musical Theatre Club

Wednesdays before school—KS2 Tag 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

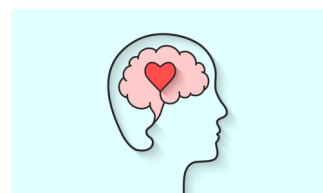
Phoenix High Flyers Trampolining

Pocklington Dolphins Swimming Club

June Walk

Millington Village and Woods — 3 miles

See our final page for a map



Short Walks from Millington Wood

Grade :

Length : 3 miles (5 km)

Start/End Point : Millington Wood Car Park / Picnic Area
or Millington Village

Refreshments : None

Toilets : Pocklington, Railway Street

1 cm equals 0.19 km
1 cm equals 0.12 miles

