



The Wellbeing Newsletter

Autumn Two 2025

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.

What can I do if I feel my child needs support?

As children grow, they are likely to experience a range of different emotions such as anxiety, sadness, anger as well as happiness and excitement. Experiencing these emotions is very normal. However, if you feel your child is experiencing a particular emotion more frequently than you would expect and it is interfering with their everyday life, you may feel like you would like to speak to someone about this.

- Your first port of call is always your child's teacher. They may be able to reassure you or confirm what you are noticing. Sometimes, something we see as minor can be a huge deal to young children, so your child's teacher may be able to implement very simple changes which can make a huge difference to your child's experience of school.
- If you notice your child's wellbeing hasn't improved following a meeting with class teachers, organising a meeting with either Mr Baxter or Mr Hone can be useful. Both Mr Baxter and Mr Hone will be able to organise further strategies within school and possibly from other agencies to increase the level of support available to your child.
- There are also many charities which can support with children's wellbeing. These include phone numbers which you can ring (and sometimes even text) to gain advice and support from. If you would like signposting to these, please contact Mr Hone.

What can I do if I feel I need support for myself?

Our support for families does not stop with children. We are also available to support parents and carers.

- Organising a meeting with Mr Baxter or Mr Hone could be helpful as there may be agencies and signposting to organisations which offer support. Sometimes, just having someone to listen can also help.





The Wellbeing Newsletter

Autumn Two 2025

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.

Joining a local club

An obvious way for children to achieve some of their weekly physical activity is to join a local club. Many clubs in the area are run by volunteers and coaches on a weekly basis. Here are a few examples:

- Barmby Moor Football Club
- Pocklington Football Club
- Wilberfoss Mavericks Girls' Football Club
- Pocklington Rugby Club
- Pocklington Dolphins Swimming Club
- Fierce Gymnastics
- City of York Athletics Club
- Young People Count (for 11 year olds preparing for secondary)

Going for a walk

Your child may prefer going for a walk. December is a perfect time to do this as you can incorporate going to see Christmas Lights and decorations in your local neighbourhood. If not, even walking to and from school can add physical activity to a child's week. Many pupils (past and present) who live outside of the village have completed 'Park and Stride' as part of their journey. This involves parking on the main street in Barmby and walking to remainder of their route to school.

Using technology

Within school, children are used to following 'Just Dance' routines and 'Cosmic Kids Yoga' on Youtube. Your child may enjoy accessing a clip at home to be active (particularly during rainy weather). These can also provide a great brain break and self regulation opportunity for children.

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.

