



# The Wellbeing Newsletter

## January 2022

This is a new newsletter to highlight 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.

### App of the month

Dragon in the Attic is an app developed by GPs and a group of Y6 children in Wakefield. It aims to teach 8—12 year olds how to make healthy choices for their mind and body.

[dragonapp.me/play](https://dragonapp.me/play)

### Resource of the month

YoungMinds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

[www.youngminds.org.uk](https://www.youngminds.org.uk)

### Action for happiness

This January, why not take part in RED January 2022? This is an initiative to help people beat the blues by trying to complete some form of physical activity each day.

#REDJanuary

### Support

Who can pupils 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
- Shout 85258—just text for help at anytime
- Crisis line—phone 0800 051 6171 to talk to the mental health crisis team
- Childline—phone 0800 1111 anytime



**YOUNGMINDS**  
fighting for young people's mental health

