



The Wellbeing Newsletter

February 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

Positive Penguins is an app aimed at 8—12 year olds and helps children understand their feelings and challenge negative thinking.

positivepenguins.com

Resource of the month

MindEd for families has online advice and information from trusted sources and will help parents to understand and identify early issues.

www.minded.org.uk

Action for happiness

This month, you could visit Pocklington library and try some of the books in the Reading Well list. There are recommended books from ages 3 to 103! The Reading Well books have been chosen by young people and health experts to help readers with difficult feelings and experiences that can affect wellbeing.

reading-well.org.uk/children

reading-well.org.uk

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
- Anne Freud Centre—onmymind.info for tips and advice
- YoungMinds—text YM to 85258 (24/7 line)
- Childline—phone 0800 1111 anytime

