



The Wellbeing Newsletter

March 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

Breathe, Think, Do with Sesame is a free app aimed at young children to help them learn how to deal with frustrating situations. The app features Sesame Street characters to engage younger audiences.



Resource of the month

Place2Be is a children's mental health charity which has over 25 years experience working with pupils, families and schools. The website has an area for parents with focuses on transitions into secondary school.

www.place2be.org.uk



Improving children's mental health

Action for happiness

This month, you could visit the Action for Happiness website, or follow on Instagram to discover daily challenges to improve the wellbeing of yourself and those around you.

www.actionforhappiness.org



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
- YoungMinds—text YM to 85258 (24/7 line)
- Childline—phone 0800 1111 anytime
- Place2Be—02079 235500 9am—5pm (Monday to Friday)
- YorkMind—www.yorkmind.org.uk/how-we-help/young-peoples-service/

