



The Wellbeing Newsletter

May 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

SuperBetter is an evidence-based app created to help young people build resilience to become stronger, happier and healthier. Activities use gaming techniques to help young people tackle tough challenges, change what isn't working and reach their goals.

Resource of the month

Early Intervention Foundation is an independent charity and 'What Works Centre' which champions and support the use of effective early intervention for children with signals of risk.

www.eif.org.uk

Action for happiness

Getting around 8 hours sleep each night is great for your wellbeing. If you struggle to sleep, try:

- writing down your worries before going to bed
- turn off digital devices half an hour before bed
- reading a book

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/



SUPERBETTER



EARLY
INTERVENTION
FOUNDATION

