



The Wellbeing Newsletter

June 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

Chillpanda is an app which helps children and then parents and carers to understand different emotions, and introduces skills to help regulate these including breathing techniques and calming games.

Resource of the month

Action for Children is a charity supporting children, young people and their families across England.

www.actionforchildren.org.uk

Action for happiness

The Chief Medical Officer for the UK recommends that all children get 60 minutes of physical activity per day (30 minutes is achieved every-day at school) to improve physical and mental well-being. To top up your time, you could try:

- walking or cycling to school
- joining a new club in your local community
- following a Just Dance video on Youtube

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/

