



The Wellbeing Newsletter

January 2023

Welcome to our monthly newsletter which highlights all of the brilliant well-being 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

Headspace is an app which teaches mindfulness meditation principles to improve wellbeing.

www.headspace.com

Resource of the month

Mind is a national mental health charity which offers an excellent range of materials on all aspects of mental health. It also lists details of local Mind associations.

www.mind.org.uk

Action for happiness

Do a kind act for someone else to brighten their day.

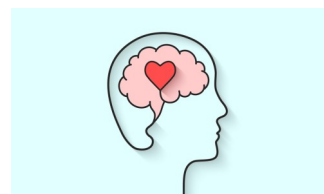
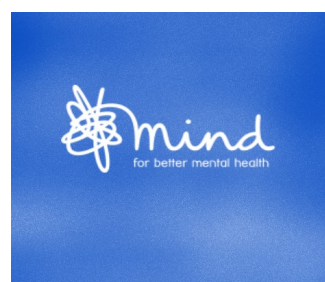
Support

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/





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Active 60!

Achieving the recommended sixty minutes of physical activity per day has been shown to improve both physical and mental wellbeing. Take a look at some of the ideas which could help your child to top up their daily minutes.

30:30

All children in school get access to a minimum of 30 minutes physical activity every day in school. This is achieved through active movement breaks throughout the day within lessons.

Top tips

Signing up to RED January is a great motivator for increasing physical activity throughout the beginning of the year.

www.redtogether.co.uk

School Clubs

Monday after school—Y6 Study Club

Tuesdays after school—KS1 Street Dance Club

Wednesday lunch times—KS2 Running Club

Wednesday after school—Choir

Thursday after school—Science Club

Local Clubs

Barmby Moor Football Club

Pocklington Runners

Pocklington Cricket Club

Pocklington Tennis Club

Francis Scaife Junior Squash

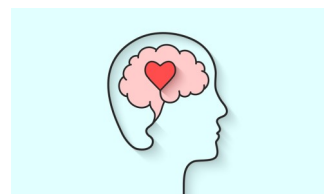
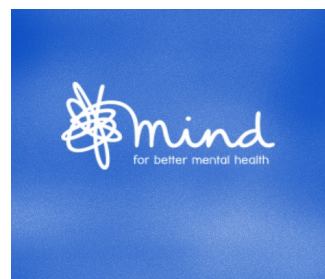
Phoenix High Flyers Trampolining

Pocklington Dolphins Swimming Club

December Walk

Newton upon Derwent—4 miles

See our final page for a map



Newton upon Derwent Pub Walk

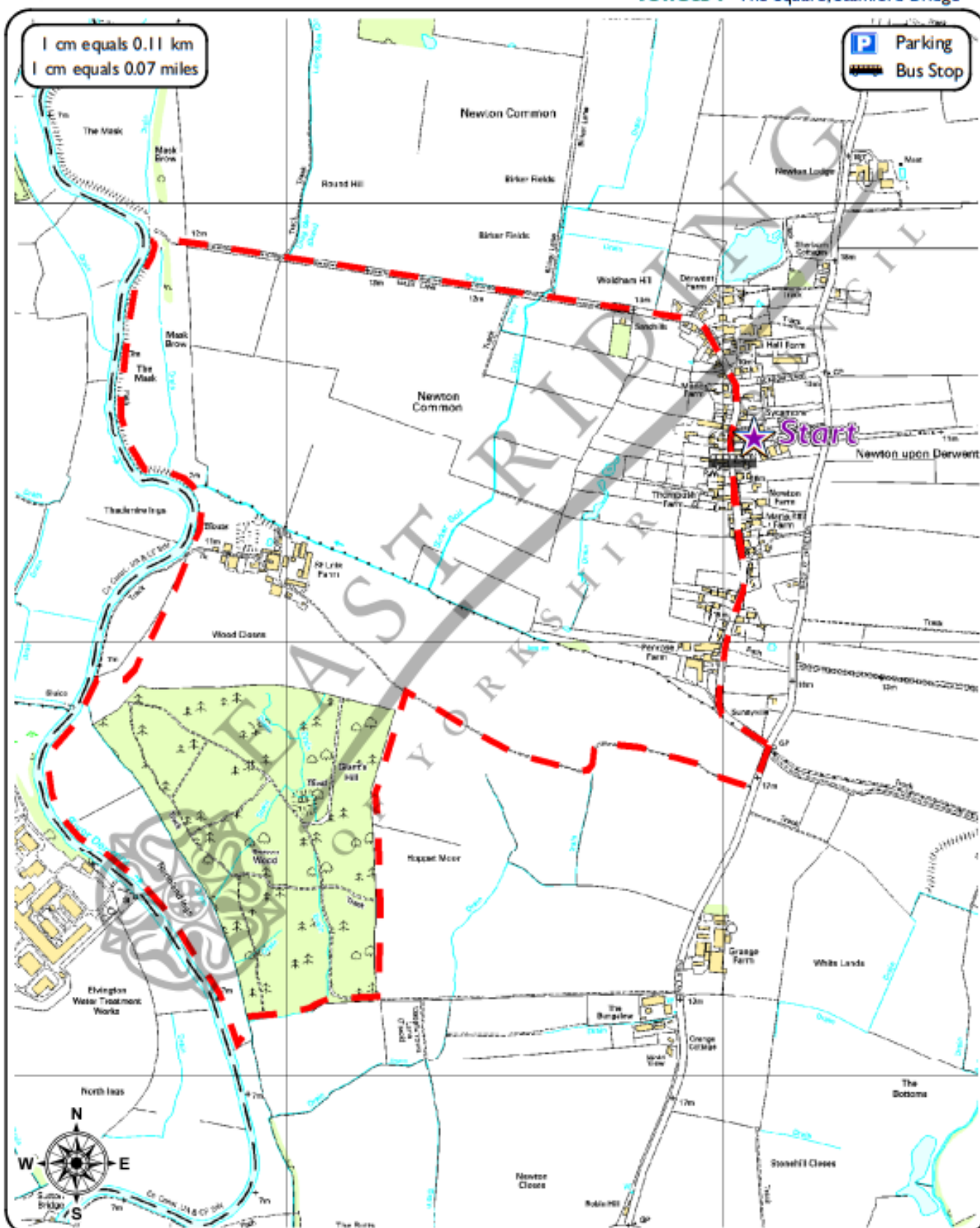
Grade :   

Length : 4 miles (6.5 km)

Start/End Point : Newton upon Derwent

Refreshments : Pub in Newton on Derwent

Toilets : The Square, Stamford Bridge



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