



The Wellbeing Newsletter

October 2022

Welcome to our monthly newsletter which 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

Chill Panda is an app to help children, aged 6—12, relax and manage their worries.

Resource of the month

#Coping Guides (from Frimley Health and Care) have created three guides to help support parents, carers and pupils. These guides are in place to help pupils following the coronavirus pandemic.

Action for happiness

Enjoy looking at photos from a time with happy memories.

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

1. Try some active family time—e.g. walking the dog
2. Focus on making it fun
3. Create a routine—try to go at the same time each day/week
4. Get creative—you don't need fancy equipment
5. Include children in completing household chores

School Clubs

Mondays after school—Performing Arts Club

Tuesdays after school—KS2 Dodgeball Club

Wednesday lunch times—KS2 Benchball 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

October Walk

Londesborough Estate—3 miles

See our final page for a map



A Walk Through Londesborough Estate Village

Grade :

Length : 3 miles (5 km)

Start/End Point : Towthorpe Corner Picnic Site

Refreshments : Londesborough Reading Room (Summer Weekends only), Cafe at downhill end of Towthorpe Picnic Site

Toilets : Market Weighton, Londesborough Road

