



The Wellbeing Newsletter

December 2022

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

For Me is an app, created by ChildLine, which includes all of ChildLine's services in one app: access to a counsellor, videos, advice and chat.

www.childline.org.uk/toolbox/for-me/

Resource of the month

Kooth provides free online support for young people delivered by qualified counsellors via chat based services.

www.kooth.com

Action for happiness

Teach a friend or family member a new skill. You will gain a sense of pride and satisfaction from doing this.

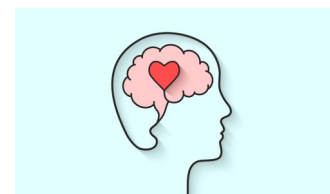
Support

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

As it gets darker and colder outside, it gets harder to head outside for exercise on weekdays. Arranging to meet up with friends to go for a walk or play a game can help to provide motivation.

School Clubs

Mondays after school—Performing Arts Club

Monday after school—Boxing Club

Tuesdays after school—KS2 Benchball Club

Wednesday lunch times—KS2 Football 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

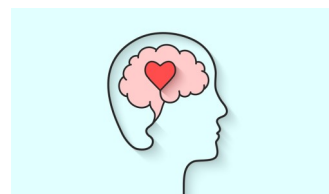
Phoenix High Flyers Trampolining

Pocklington Dolphins Swimming Club

December Walk

Millington Pastures—3.5 miles

See our final page for a map



Millington Pastures

Grade : 

Length : 3.5 miles (6 km)

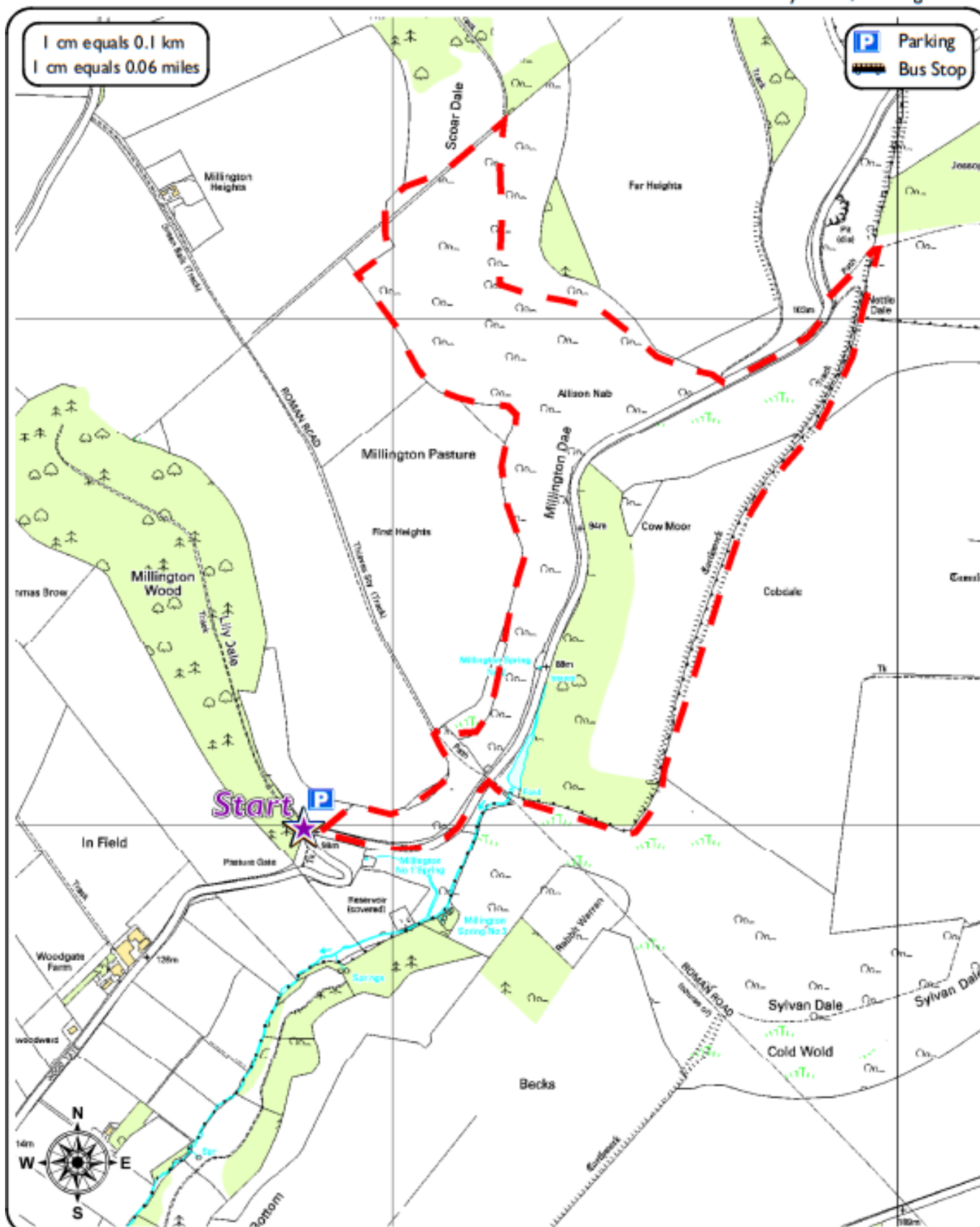
Start/End Point : Nature Reserve, Millington Pasture

Refreshments : Millington

Toilets : Railway Street, Pocklington

1 cm equals 0.1 km
1 cm equals 0.06 miles

 Parking
 Bus Stop



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