



The Wellbeing Newsletter

April 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

SafeSpot is an app that promotes positive wellbeing in children and young people and has been designed to help children with their coping skills.



Resource of the month

MindEd is a website full of advice and resources for families on supporting children's mental health.

[Mindedforfamilies.org.uk](https://mindedforfamilies.org.uk)



Action for happiness

As the weather improves, try to spend more time outside surrounded by countryside. Studies show that spending more time in green spaces improves overall wellbeing.



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 the weather improves and the days get longer, it becomes much easier to get outside to exercise. Every Sunday morning at 9am, volunteers organise a free Junior Parkrun on York Knavesmire so that children (and families) can walk, jog or run 2km together. Older pupils may wish to try a full Parkrun on Saturday mornings at either: Beverley Westwood, Heslington Sports Centre or York Knavesmire.

School Clubs

Monday after school—KS2 Rounders

Tuesdays after school—KS1 Football

Wednesday lunch times—KS2 Board Game Club

Wednesday after school—Choir

Thursday after school—Science Club

Local Clubs

Barmby Moor Football Club

Pocklington Runners

Pocklington Cricket Club

Pocklington Tennis Club

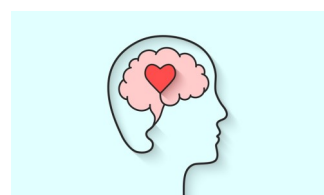
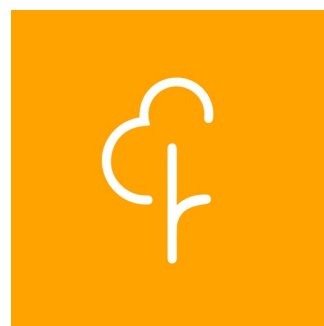
Francis Scaife Junior Squash

Phoenix High Flyers Trampolining

Pocklington Dolphins Swimming Club

April Walk

Huggate —4 miles



Huggate Northfield

Grade : 

Length : 4 miles (6 km)

Start/End Point : Huggate village near the church

Refreshments : Shop and pub at Huggate

Toilets : Driffild, Cross Street Car Park and North Street

1 cm = 0.13 km
1 cm = 0.08 miles

