



The Wellbeing Newsletter

May 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 Meditation is an app that provides access to free mindfulness and meditation exercises for every age group.

Resource of the month

Public Health England Every Mind Matters is a resources aimed at supporting everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self care actions.

Action for happiness

Try revisiting a game or an activity which you used to enjoy but have not participated in for a while.

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

Arranging to meet up with a friend to complete physical activity can be fun and also help children stick to a regular routine.

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

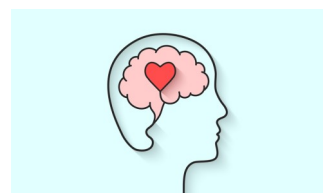
Phoenix High Flyers Trampolining

Pocklington Dolphins Swimming Club

May Walk

Melbourne — 4 miles

See our final page for a map



Melbourne Circular

Grade : 

Length : 4 miles (6.5 km)

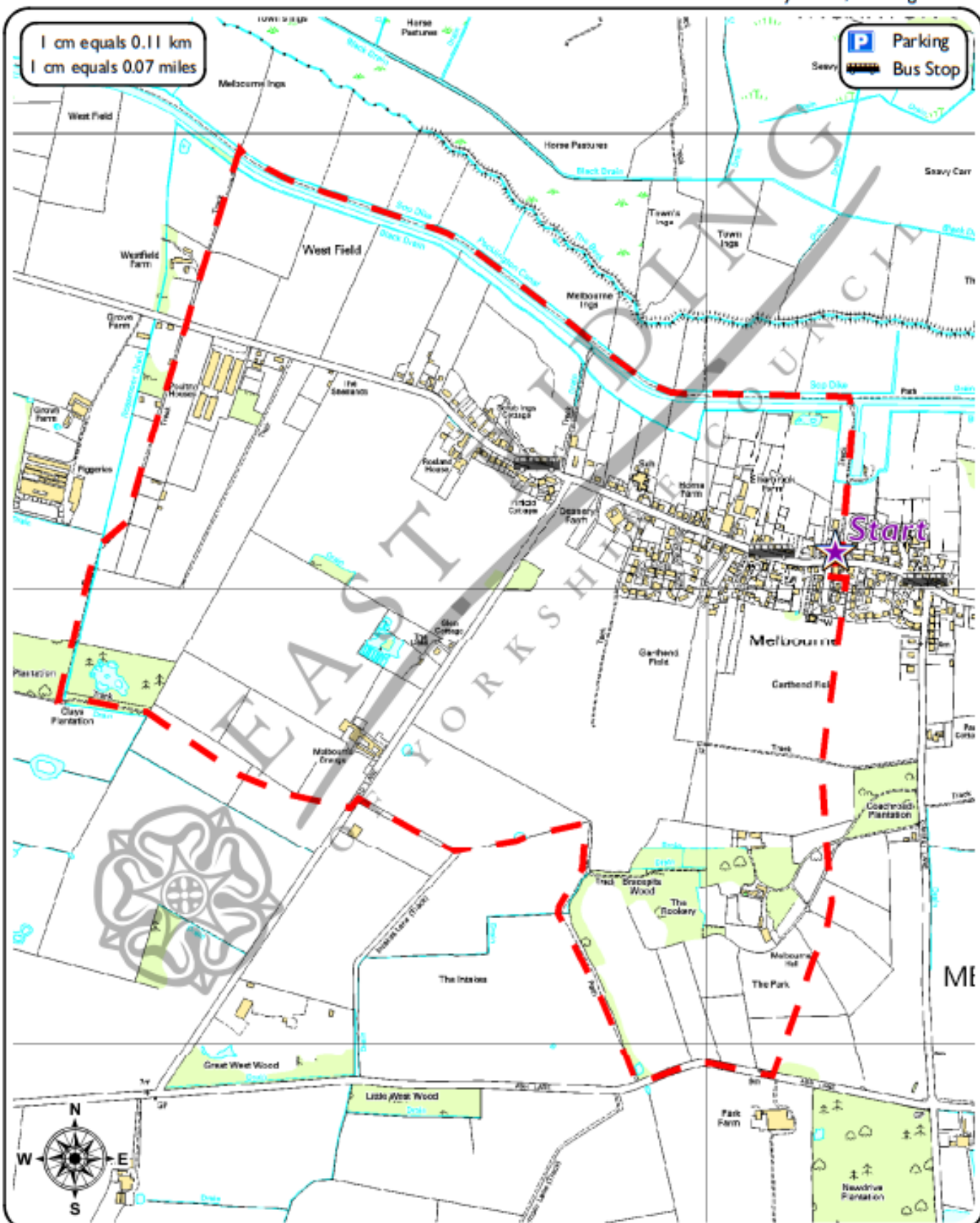
Start/End Point : Melbourne near Pub

Refreshments : Shop at Melbourne

Toilets : Railway Street, Pocklington

1 cm equals 0.11 km
1 cm equals 0.07 miles

 Parking
 Bus Stop



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