



The Wellbeing Newsletter

February 2024

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

Stop Panic and Anxiety Self-Help is a self-help app for people experiencing panic attacks. It can provide immediate audio assistance during a panic attack and help prevent panic attacks. Listed as one of the Best Anxiety Apps 2017 by Healthline.

www.excelatlife.com/apps.htm#panicapp

Resource of the month

My name is Zac is a comic style booklet for children who are experiencing a bereavement.

www.mind.org.uk/media/46876/my_name_is_zac_2010.pdf

Action for happiness

Find a new way to help or support a cause you care about.

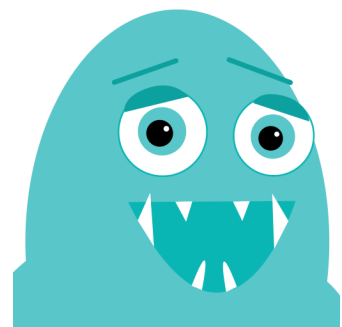
Support

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/



MY NAME IS
ZAC
THIS IS MY STORY





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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

See if there are any chores around the house that children can help to complete. Cleaning can be an excellent form of physical activity and has been shown to increase levels of satisfaction and contentment.

School Clubs

Tuesdays after school—KS1 Cheerleading Club

Tuesdays after school—Musical Theatre Club

Wednesdays before school—KS2 Benchball Club

Wednesdays after school—Choir

Local Clubs

Barmby Moor Football Club

Pocklington Runners

Pocklington Cricket Club

Pocklington Tennis Club

Francis Scaife Junior Squash

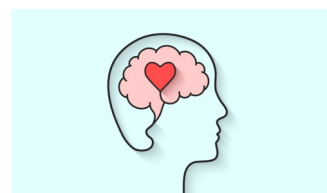
Phoenix High Flyers Trampolining

Pocklington Dolphins Swimming Club

December Walk

Melbourne Circular—4 miles

See our final page for a map



Melbourne Circular

Grade : 

Length : 4 miles (6.5 km)

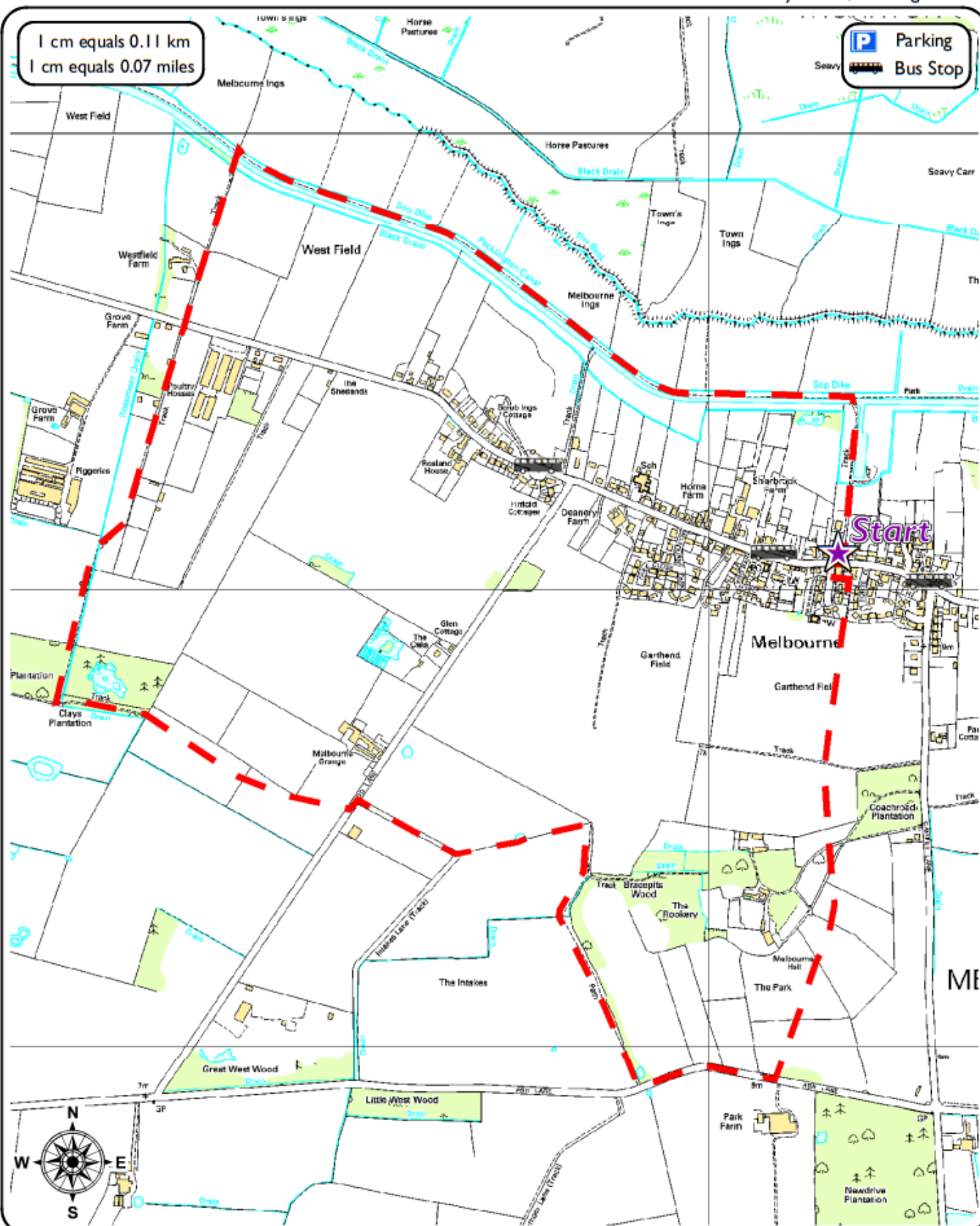
Start/End Point : Melbourne near Pub

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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