



The Wellbeing Newsletter

March 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

Moodpanda is an app-based platform allowing people to track their moods.

www.moodpanda.com

Resource of the month

Action for Happiness is a not-for-profit creating a movement of people committed to building a happier and more caring society, by helping people to take practical action drawing on the latest scientific research. Advice can also be found on their Instagram account.

www.actionforhappiness.org

Action for happiness

Look around and spot three things which look unusual or pleasant.

Support

Who can pupils and parents talk to?

- Mr Baxter (head-teacher)
- Mr Hone (Youth Mental Health First Aider)
- Mrs Lucas (ITT Student)
- Mrs B Brown (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

Our community will soon be decorated with lots of Christmas lights. Plan a route to take in all the different houses—which are lit up in your area—and enjoy a family walk.

School Clubs

Tuesdays after school—KS1 Cheerleading Club

Tuesdays after school—Musical Theatre Club

Wednesdays before school—KS2 Archery Club

Wednesdays after school—Choir

Local Clubs

Barmby Moor Football Club

Pocklington Runners

Pocklington Cricket Club

Pocklington Tennis Club

Francis Scaife Junior Squash

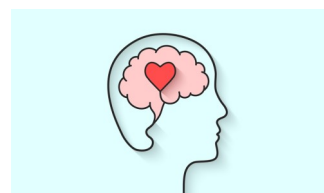
Phoenix High Flyers Trampolining

Pocklington Dolphins Swimming Club

March Walk

Short Walks from Millington Wood —3 miles

See our final page for a map



Short Walks from Millington Wood

Grade:

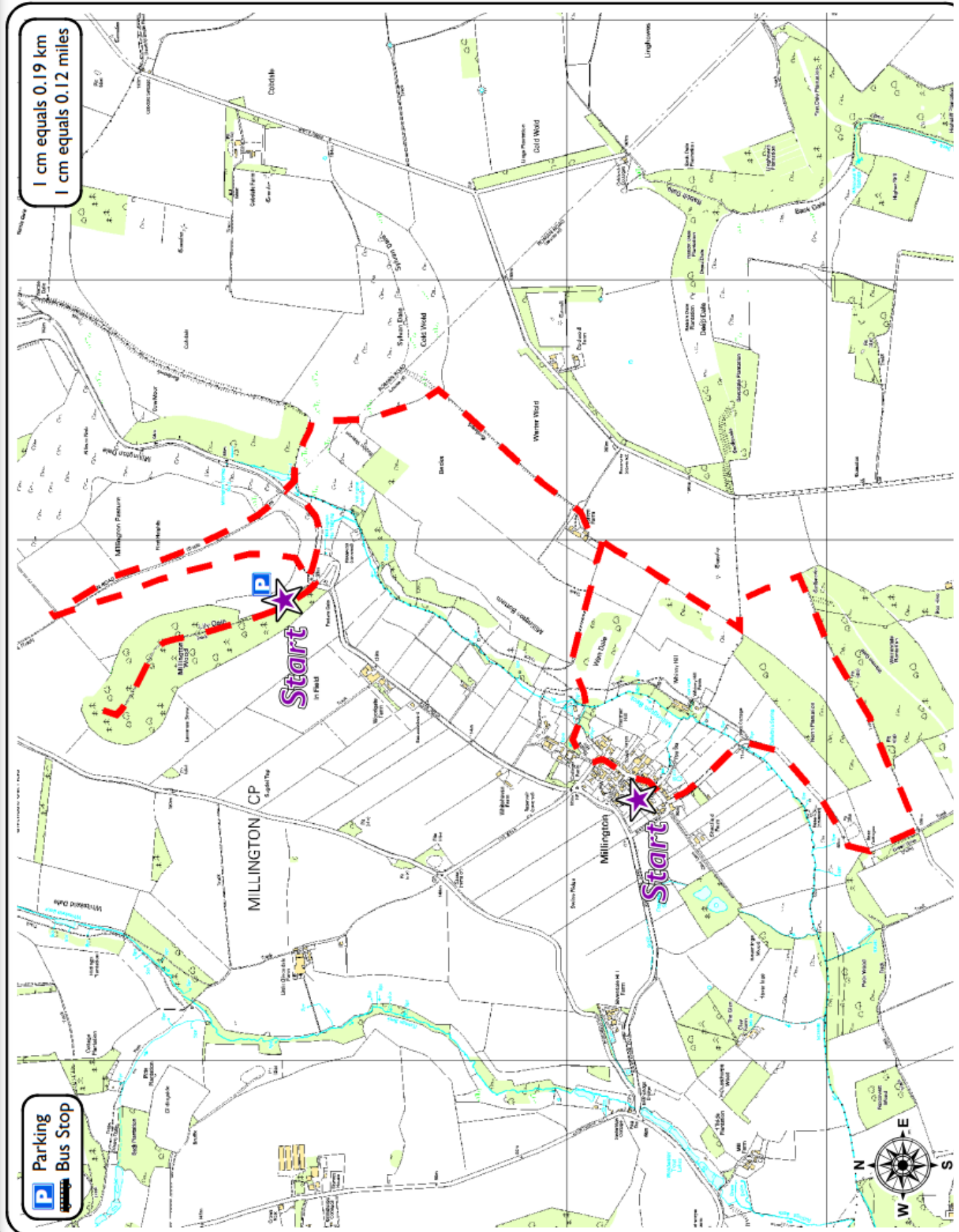
Length: 3 miles (5 km)

Start/End Point: Millington Wood Car Park / Picnic Area
or Millington Village

Refreshments: None

Toilets: Pocklington, Railway Street

1 cm equals 0.19 km
1 cm equals 0.12 miles



Parking
Bus Stop