



The Wellbeing Newsletter

July 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

SAM is a self-help app for anxiety which includes a personal toolbox, negative thought buster, colouring exercise and information.

www.sam-app.org.uk

Resource of the month

No Panic is a registered charity which helps people who suffer from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders.

www.nopanic.org.uk

Action for happiness

Read a book in bed to help you drift off to sleep. Getting into a routine of doing this has been shown to help improve sleep quality.

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

The 2024 Paris Olympics will be starting very soon. Take a look at the Olympic sports which athletes will be competing in this year and see if there are any you haven't heard of which you would like to give a try.

School Clubs

Tuesdays after school—KS1 Sports Club

Tuesdays after school—Musical Theatre Club

Wednesdays before school—Athletics Club

Wednesdays after school—Choir

Local Clubs

Barmby Moor Football Club

Pocklington Runners

Pocklington Cricket Club

Pocklington Tennis Club

Francis Scaife Junior Squash

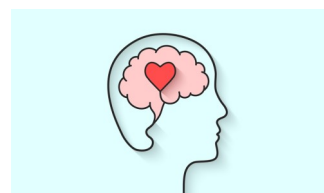
Phoenix High Flyers Trampolining

Pocklington Dolphins Swimming Club

December Walk

Worsendale and Stone Table Hill (Bishop Wilton)—2.5 miles

See our final page for a map



Worsen Dale & Stonetable Hill

Grade :

Length : 2.5 miles (4 km)

Start/End Point : Bishop Wilton Village

Refreshments : Shop & Pub in Bishop Wilton

Toilets : The Square, Stamford Bridge

1 cm equals 0.07 km
1 cm equals 0.04 miles

✧ Tunnel

