

The Wellbeing Newsletter

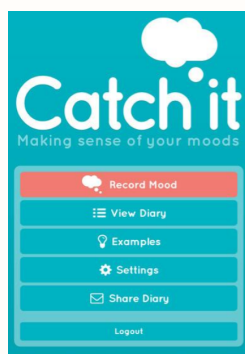
Sep 23

Welcome to our monthly newsletter which highlights all of the brilliant wellbeing resources that are available to our school community.

At Garton Primary School, our pupils and parents can speak to teachers if they need support.

App of the Month

Catch it



Catch it is an app that helps manage feelings like anxiety and depression. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

Support in School

Who can pupils and parents talk to?

Mr Baxter (Headteacher)
Mr Harrison (Youth Mental First Aider)
Mrs Spencer (ELSA)
Teacher and Teaching Assistants



Keeping Active!

National Fitness Day - 20th September

The message for National Fitness Day this year is that this day is to be viewed as just the first step to a healthy life.

Can you complete a healthy habit each day? Can you form a new habit by the end of the 30 days?



My First Step

National Fitness Day takes place on the 20th September and this year's message is to see this day as:

'just one step in a much bigger journey to a healthy life'

It takes 30 days to develop a habit.

My physical healthy habit is

Colour in a step each day you complete your healthy habit. Can you form a new habit by the end of the 30 days?

www.getset4education.co.uk

Local Clubs / Activities

Driffield RUFC Junior Section

Driffield Junior FC

Wolds Gymnastics Club

Driffield Town Cricket Club

Driffield Lawn Tennis Club

Driffield Hockey Club

Active Coast -

<https://www.eastridingcoastandcountryside.co.uk/coast/active-coast/>



Tatton Sykes Monument loop from Garton on the Wolds

Intermediate

🕒 03:09 ↔ 7.22 mi ⌚ 2.3 mph ↗ 525 ft ↘ 525 ft

