

MENTALLY HEALTHY MOUSEHOLE

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Calling Gwavas Parents!

You may have heard that the Newlyn Centre have received funding from the NHS to employ a Community Health & Wellbeing Team. Our local team member is called Emma and she came to school to introduce herself and explain about the role. Emma is linked to very specific postcodes in the Gwavas area so if you live in that area and are interested in, please do get in touch with her to see if she covers your area (emma@thecentrenewlyn.org). Emma has a really wide remit for things she can help with from financial worries, to loneliness to housing concerns to social prescribing to learn new activities and skills. And unlike more services, there is no referral time or waiting list!

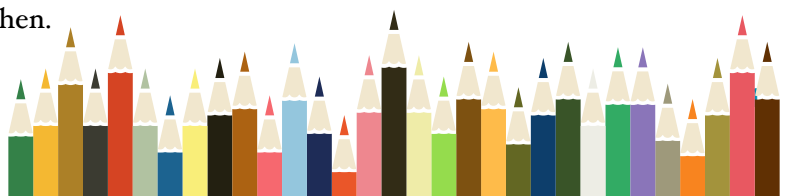
Wild Well-being October

During the October half term, the Mental Health Support Team are offering FREE nature based creative sessions linked to the five ways of wellbeing on Thurs 30 Oct at St Ives Community Orchard and Fri 31 Oct at Hayle Family Hub. To book complete this form: <http://forms.office.com/e/vc2Dtk8C5B>



Meet our new NHS Education Mental Health Practitioner

We are delighted to have been assigned a new practitioner from the NHS Mental Health Support team. Sarah Sejahtera is very experienced and can work with children in groups or 1 to 1 as well as working with parents, running parenting groups and workshops. She is also trained in VIG - Video Interaction Guidance which is a strengths based therapy designed to improve communication and relationships for parents and children. Mental Health practitioners can help with children displaying mild to moderate signs of anxiety, low mood, worry management, building positive relationships with their peers and resilience. Sarah will begin with meeting our staff to discuss her offer and by training our new Mental Health Ambassadors to help make this role more effective across the school. Please do get in touch if you look like some more information on this service or if you think you or your child could benefit. Sarah will be working with our school every Wednesday from 1pm to 4 pm and is available for meetings then.





New school year, new school worries?

Drop into Hayle Family Hub for a coffee morning hosted by Early Help Penwith on Wednesday 1st October 9.30 - 11.30am. This is a great opportunity for parents to meet local professionals without needing an appointment - present will be the SENDIASS (supporting SEND children in school), the Senior Inclusion Officer in Educational Welfare (supporting children when accessing education is tricky), PINS (supporting neurodiverse children in school), SEND System Navigator (support in understanding the system to ensure SEND needs are met) plus Early Help Family Workers for advice and signposting. No need to book, just pop in!



Mental Health Ambassadors

September 2025

We have decided to have a permanent team of Mental Health Ambassadors for the year, made up of Year 5 students as Sarah has some specific training in mind which they can then pass on to the rest of the school (and to the parents!). This year's team is Allora, Ula, Varya, Lamorna, Eliot, Arthur, Caleb and Isaac W. The team will be learning all about the "Decider Skills" which use a set of principles from Cognitive Behaviour Therapy to teach children how to effectively manage their emotions and make informed decisions. They will then pass this information on to the other children and help them when they are struggling with self-regulation. They will also continue to give out the lovely positive messages in assembly every Friday!

Dinghy and Schooner Buddies

Starting school for the first time can be very daunting for the little ones (especially when our playground is currently being dug up) and so this year we have given every member of Dinghy class their own buddy from year 6. Their buddy is there to be a familiar face and help them if the playground is feeling a bit overwhelming. Both Dinghies and Schooners have absolutely loved this new role and it is not uncommon to see a red faced year 6 running around the playground, very puffed-out from keeping up with the excitable little ones! Some of the children have also enjoyed just sitting quietly with their big buddy and hopefully it has made some of the shyer children feel more at ease during their first full week of school. It is particularly lovely to hear a cry of "the Dinghies are here!" when they arrive at playtime and to see all the older children running to play with them. A big well done to the Dinghies for being so brave and to the year 6s for being such great role models!

