

# MENTALLY HEALTHY MOUSEHOLE

Positive News | Mental Health Awareness | Our Community

## Black History Month

We have been celebrating Black History Month this October and this has given us the opportunity to learn about important historical figures that might otherwise have gone unnoticed. Children have been enjoying learning about people such as Onesimus, the African slave who was instrumental in the development of the smallpox vaccine. Understanding and celebrating diversity in our society is important for mental health because it signifies that we are all important and teaches us how to understand and relate to each other.

## NSPCC Speak Out, Stay Safe

Next half term, we will be delivering the Speak Out, Stay Safe programme from the NSPCC. This programme aims to help children identify signs of abuse and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline. This is delivered in assemblies adapted for key stages 1 and 2 and followed up by the class teachers. More information is available from [www.nspcc.org.uk/speakout](http://www.nspcc.org.uk/speakout) and lots of resources for parents can be found on [www.nspcc.org.uk/parents](http://www.nspcc.org.uk/parents)



## HUG room open afternoon - Tues 26th Nov 2024 - 2pm to 3.15pm

Following the successful launch of our new Helping You Grow (HUG) room, we would love to invite parents to come and see it for themselves. Please pop in any time from 2pm to say hi, have a look round to see what resources we have and to have a cup of tea if you fancy it! Ms Munday will be hosting to show you around and answer any questions and we have invited Sophie Marr, a Senior Family Worker to join us. Sophie will be available for any parents who would also like a chat with her, particularly with parenting issues or any queries to do with neurodiversity.



For parents looking for an easy quiet activity for their children, Cosmic Yoga on YouTube is a great resource. There are lots of different videos with themes from dinosaurs to halloween, Disney, football and Minecraft to suit all interests. Yoga is great for helping children to relax and also to practice mindfulness - being present in the moment and not letting past or future worries overtake us.

<https://youtube.com/@cosmickidsyoga?feature=shared>

### **School Therapy Dog**

Lots of you have probably met Gracie the dog at the school gates as she loves saying hi to all the children! This term she will start her training as the school's therapy dog and will be practising walking through the school at the end of the day and sitting quietly in the HUG room.



### **Mental Health Ambassadors**

Our new Mental Health Ambassadors have got off to a flying start and we've had lots of positives comments about this. The children have been noticing when other children have been kind or caring and when older children have been looking out for the younger ones. It has been lovely to have this aspect of school life highlighted in assembly and to have those children recognised and celebrated. The hope is that the children will become used to the idea that looking after our mental health and each other's is an important part of school life and something we can all think about.

### **Friendship Bench**

Parents might have noticed a "Friendship Bench" sign in our playground. This is part of an initiative by our Mental Health Ambassadors to help all children feel included and noticed at play time. Children always know that they can come and have a chat with an adult at playtime but this bench is specifically for the children and managed by the children. If anyone feels lonely or needs a place for a quiet chat, they can sit on the Friendship Bench and someone will come and say hi 🙌🐾

