

# MENTALLY HEALTHY MOUSEHOLE

Positive News | Mental Health Awareness | Our Community

## Free Art Workshops

Penlee House and Gallery in Penlee Park have free art workshops for children every Saturday afternoon 2.30pm to 3.30pm. No need to book - just drop in. Upcoming workshops in May are: Sat 3rd - Air Clay Cornish Pottery, Sat 10th - Breon O'Casey Bird Silhouettes, Sat 17th - Mix and Match Bird Book, Sat 24th - Birds Nests and Eggs, Sat 31st - A Fan of Feathers. Penlee Gallery also offer free workshops in the school holidays, please visit their website for more info [penleehouse.org.uk](http://penleehouse.org.uk)

## Parent workshops with the NHS Mental Health Support Team

The NHS Mental Health Support Team are offering some new parenting support beginning on 9th June. One set of workshops are around practical strategies to help your children with their worries and anxieties. The second set of workshops are about behaviour as communication which will work on practical strategies to help with positive communication and behaviour at home. To sign up please go to

<https://FORMS.OFFICE.COM/E/BVHDPYUCQA>



## Mousehole welcomes a new Educational Mental Health Practitioner

The Mental Health Support Team is part of a national project to support young people in school. The MHST is managed by the NHS and is part of a long-term strategy to improve mental health in the UK. They have a team of Educational Mental Practitioners who come into schools to run whole class workshops and small group interventions. The aim is to build emotional resilience in children and empower them to ask for help. Lots of children at Mousehole will remember Liv who came in last year to run a series of workshops called "Decider Skills" which was all about proactive CBT skills to use to help with resilience and emotional well-being. Unfortunately Liv moved on to a new role and was unable to





## Neurodiversity coffee morning

The Hayle Family Hub are hosting a neurodiversity coffee morning on Friday 6th June 9.30 - 11.30am. This is a great opportunity for parents to discuss any concerns they have about potential neurodiversity in their children - no diagnosis is necessary and members of the Neurodevelopment assessment team, Education Psychologists, the Autism Schools team and HeadStart Kernow will all be there. It is not very often that all these professionals are available to meet face to face so do take the opportunity if you feel it might be useful.



run the small group workshops we had planned for the Autumn term and so we are delighted to have been assigned a new practitioner, Claire Knight, who will begin working with us this term. 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. Claire will have half a day a week for our school and will be working with small groups as well as running some whole class workshops. If you look like some more information on this service, please see the attached leaflet or ask Ms Munday for details.

## Mental Health Ambassadors

This term's new ambassadors are: Annabelle, Logan, Alina, Brayden, Jude and Leonie. This term's team is made up only of Schooner children - so many volunteered and, as it is the year 6s last term, we thought it would be nice to give them an opportunity before they leave. Special mention to Ava who also wanted to volunteer but stepped aside so that we could have two from year 5 which was very kind of her (exactly what we look for in a mental health ambassador !). This new role has been such a positive addition to the school and we'd love to hear any ideas to continue to support children's well-being.

