

MENTALLY HEALTHY MOUSEHOLE

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World Mental Health Day 2024

October 10th is World Mental Health Day and this year's theme is prioritising mental health in the workplace. In school we will be discussing this in assembly with Mrs Trow.

Home Start Kernow

Being a parents, whatever your situation, can be very difficult, especially when children are young. Home Start Kernow have a team of trained volunteers who can come and offer support, whether you're struggling with juggling a newborn and older children, feeling isolated or have a family member affected by disability. Please check out their website to see how they can help - homestartkernow.org.uk

SK8PZ

For anyone looking for a fun hobby they can do with their children (if you're feeling brave!), SK8PZ are offering a beginners roller skating lesson on a Monday evening at Mounts Bay school for all ages so children and parents can join in together. Boots available for hire, see their Facebook page for details.



Welcome to Mentally Healthy Mousehole!

At the end of the summer term, Ms Munday passed a course to be our first Senior Mental Health Leader at Mousehole School. She'll be promoting positive mental health for all of us - looking after the children in school with our revamped HUG (Helping You Grow) room, promoting staff wellbeing at work as well looking at ways to help parents with their own mental health and signposting the support that is out there in our lovely community.

Mental Health Ambassadors

To help the children learn about positive mental health and to encourage them to look out for each other at school, we have created the new exciting role of Mental Health Ambassadors.





How can you help?

We would love to hear any news you have which you think might support children and parents, perhaps there is a good group that your child attends outside of school that you'd like to recommend or you have attended a brilliant yoga class/parenting course/art group or anything else you can think of! Do let Ms Munday know via Seesaw and we'll include it in the next newsletter.



The Mental Health Ambassadors will be on the lookout for when their classmates have been brave or tried something they found difficult or taken a deep breath and walked away when they felt angry. They'll also be looking out for when children help their friends with their mental health, for when they have been kind or when they have been good listeners. This was such a popular idea that many children volunteered so we will rotate this job on a termly basis so that everyone who is interested will get the chance to have this responsibility whilst they're at Mousehole School. This term our new ambassadors are:

Kian, Isaac P, Varya, Elizabeth and Evangeline.

We are looking forward to seeing how this new school role develops, watch this space. Congratulations to those children and thank you to all those who volunteered!

