

MENTALLY HEALTHY MOUSEHOLE

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What is the Fizz?

The Fizz is the first idea that children will learn when they have their Decider Skills workshops. It represents all the physical signs we have in our bodies when we have big emotions, e.g. sweaty hands and hearts racing. As adults, we are usually aware when we are feeling stressed or about to lose our tempers but children often don't recognise these signs before it is too late. We will teach the children what these signs are so that they notice when they are getting upset and then learn to use a constructive strategy to help with their emotions (e.g. one of the Decider Skills).

Opportunity for VIG

Sarah Sejahtera from the Mental Health Service Team currently has two spaces available for Video Interactive Guidance (VIG) if any parents at Mousehole are interested. VIG is a positive way of helping people learn and grow by watching short video clips of themselves doing things well. A short video is taken of a real situation e.g. parent playing with a child, teacher working with a student and the trained advisor chooses positive moments where communication or connection is working well. This helps you notice your strengths and how to build on them. Please let us know if you're interested in this.



Children's Mental Health Week: Belonging at Mousehole School

Children's Mental Health Week takes place this year from **9–15 February 2026**, with the national theme **"This Is My Place"**—a focus on helping every child feel a strong sense of belonging in the places where they live, learn and grow. The theme highlights how feeling safe, welcomed and valued plays a crucial role in children's emotional wellbeing, relationships and resilience. At **Mousehole School**, we will be marking the week with a special assembly and reflective activities centred around belonging within our own school community. Children will be encouraged to explore questions such as: *How do I know I belong at Mousehole? What does Mousehole School mean to me? How do I know that I am an important part of this place?* These discussions aim to help pupils recognise the relationships, routines and shared experiences that make our school feel like "their place"—a space where they matter, are understood and can grow with confidence.





Spring is coming!

Winter can be a challenging time for mental health as shorter days and colder weather often limit outdoor play and reduce exposure to sunlight. These shifts can impact mood and motivation and lead to children feeling cooped up and displaying more difficult behaviours. At Mousehole School we've had the added challenge of having a tiny noisy play area whilst we wait for our big playground to be finished. It has been an absolute testament to how resilient and patient our children are as they have adapted to this change without complaint and have continued to play nicely and care for each other during play times. Happily the playground is also most finished and after half term we can explore the new play equipment! We're having a volunteer day on the Thursday during half term and would be absolutely delighted if parents can come for the final push to get everything scrubbed, painted and planted so that our children can have the best possible playground going forwards. Please let Mrs Trow know if you might be available to help.

The national theme reminds us that belonging isn't created through one-off events, but through everyday interactions and supportive environments. Across the country, schools are being encouraged to help children identify the people and places that help them feel grounded and connected. Here at Mousehole, our assembly and follow-up activities will give pupils space to reflect on these ideas and celebrate the unique community spirit that makes our school so special.

Children's Mental Health Week is a wonderful opportunity to strengthen the culture of kindness, inclusion and emotional safety that already exists in our school. By helping pupils understand that they belong—and showing them all the ways they contribute to our community—we give them a foundation that supports both their wellbeing and their learning far beyond this week.

Thank you for coming to our parents assembly!

Thank you to all the parents who were able to come to our parents assembly delivered by our Mental Health Ambassadors! The children worked really hard and were delighted to see such a good turn out. Well done to our Ambassadors for delivering such an informative assembly and for speaking so clearly.

For anyone who was not able to attend - over the past few weeks, the Ambassadors have been learning a set of positive mental health strategies known as the Decider Skills. They then shared what they had learned in a special assembly for parents. These skills provide children with practical tools to manage those challenges—tools they can continue to use throughout their lives. Following this assembly, all the children across the school will have the opportunity to learn about the Decider Skills through a series of workshops with Sarah Sejahtera assisted by our Mental Health Ambassadors.

