

MENTALLY HEALTHY MOUSEHOLE

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SEND Drop-in at Hayle Family Hub

Parents or carers of children with SEND are invited to drop into Hayle Family Hub on Tuesday 4th March 9.30-11.30am to meet other parents with similar experience or speak to attending professionals from SENDIASS, Children's Disability Team, Family Info Service and Early Help Family Worker.

Online safety help

90% of children regularly stream online and browse the internet but navigating it safely can be tricky and it is important for adults to know how to help keep their children safe. This is not always easy, especially as children are often more tech-savvy than us! An Online Safety newsletter is sent out on Seesaw every week with our newsletter and can also be found on our school website - www.mousehole.cornwall.sch.uk Internet Matters have lots of advice and resources to help and is well-worth checking out - www.internetmatters.org



How does a “sense of belonging” affect mental health?

Decades of research shows that being socially connected is a vital human need and essential for wellbeing. Children who have not achieved a primary attachment at a young age have lower self-esteem, a more negative world view and perceive themselves to be rejected. For all children, this sense of belonging begins at home and how they feel they fit into their family unit - are their basic needs met and are they loved and valued? The next step for children is of course schooling and at Mousehole our goal is to create a real sense of community and for all children (and their parents) to know that they are a valued part of our school and that their individual needs are





Penzance Gym Club

We have a thriving gym club in Long Rock which is worth looking into for those looking for new fitness options to keep their little ones happy. They run Family Fun sessions on a Sunday open to everyone, have various level classes throughout the week and have just started Parkour lessons for those who are particularly active or adventurous (better than jumping on the sofas at home!). Get in touch on pzgymclub@gmail.com for more info

Meet Sophie Marr, our Family Support Worker

We're very lucky to have Sophie Marr, a Senior Family Worker, attached to our school and she is always keen to meet parents for any support and advice. She can help with a range of parenting needs and advise on potential neurodiversity so please send a Seesaw message to Ms Munday (or grab me in the playground on a Monday morning) if you would like to arrange an informal chat with her.

important. We greet every child individually every day and always stop to listen when they have something to say. When children are at school or at home it is essential that they feel listened to and feel that the grown ups in their lives are consistent and always present. As adults we know that life is busy and pressured and it is easy to be distracted when there are so many competing responsibilities. It is important to remind ourselves that saying "not now" to a child can feel like "never now" or "never important" and taking a couple of extra minutes to listen to a question or worry can make a world of difference to a small child. Children who grow up with this vital sense of belonging go on to develop a sense of purpose, greater self-confidence and vastly improved future outcomes. At home, this can mean simply spending time with your children, listening, laughing and being together as a family. At school, this is remembering that every child is important, encouraging our pupils to feel pride in being part of Team Mousehole and knowing that the school community is always here to help and listen too. A recent visit from Rick Gill, the Penwith Executive Lead for TPAT gave glowing feedback about the personal development we offer our children. This sense of belonging to Mousehole is a real strength of our lovely school and for parents, we hope that you feel part of the school community too.



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