

MENTALLY HEALTHY MOUSEHOLE

Positive News | Mental Health Awareness | Our Community

Autism Awareness Month - free drop-in session

As part of Autism Awareness Month, the Autism Family Support Service are hosting three online **You Are Not Alone** drop-in sessions for parents and carers of children with autism (diagnosed or suspected). These sessions are completely free and take part on the following days: Monday 6th April 10-11am, Monday 6th April 8pm - 9pm and Tuesday 7th April 7pm - 8.30pm. If you have any questions about your autism parenting journey, please do sign up and access this support.

Free Events at PK Porthcurno

On Sat 5th April the museum is running a free art workshop making puppets from recycled materials inspired by the international art and climate action project The Herds the herds.org The museum has a variety of other events on during the Easter holidays including their Cable Creation Station and pop up family friendly tours. Check out their website for more details: <https://pkporthcurno.com/events/easter-2025/>



What are “British Values” and why do we teach them?

In Mousehole school, teaching **British Values** is an important part of helping children feel safe, confident, and connected.

Building Belonging

A strong sense of belonging is essential for good mental health. When children feel listened to, valued, and included, they are more able to build positive relationships, develop resilience, and engage confidently in learning.

British Values help create this environment. **Democracy** shows children that their opinions matter. **The Rule of Law** helps them understand boundaries and feel secure. **Individual Liberty** encourages them to make choices and develop independence. **Mutual Respect and Tolerance** teaches them to appreciate differences and celebrate diversity.

Supporting Wellbeing Every Day

Through class discussions, collaborative activities, and celebrations of our diverse community, pupils experience fairness, respect, and inclusion. These experiences strengthen





Get Outside this Easter ☀️☀️

The sun has arrived! After A LOT of rain, spring has finally sprung and we remember why we live in such a beautiful county. Spending time outdoors is one of the simplest and most powerful ways to support children's mental health. Natural environments offer space to move freely, explore, and play – all of which help reduce stress and boost mood. Being outside also encourages social interaction, creativity, and a sense of freedom that's hard to replicate indoors. Whether it's a walk in the woods, digging in the garden, or just kicking a ball around, these moments help children feel grounded, connected, and more emotionally resilient. Best of all - the beach is free! At time of print, Mousehole was the top of the leader board on the new Beat the Streets game so we also look forward to seeing how everyone gets on over the holidays - getting beeping those cards Mousehole! 🚴🚲



self-esteem, emotional safety, and a positive school culture — all key for healthy mental wellbeing.

By embedding British Values, we help children feel they truly belong to a caring, inclusive community where they can thrive socially, emotionally, and academically.

Free Online Parent Workshops in May

The NHS Mental Health Support Team are running free online workshops in May. These are open to all parents and carers of children and there is no requirement for participants to have a particular mental health concern. The workshops are on Sleep, Resilience (the ability to cope or “bounce back” when faced with difficulty), Behaviour, Managing Worries and Transition (this is specifically for parents of year 6 parents moving up to secondary school). Please don't feel that these workshops are “not for me” - everyone is very welcome. Children aren't born with a manual and there isn't a parent in the world who hasn't wondered whether they could do with a hand sometime (and probably not a child who hasn't struggled with worries, sleep, behaviour or resilience!). Workshops are held on Microsoft Teams, please do ask if you are interested in joining a workshop but are not confident or need help accessing the technology. Forms to sign up are as follows:

Managing Behaviour: <https://forms.office.com/e/2W5GhsT9HK>

Resilience: <https://forms.office.com/e/sQk8MJD0mJ>

Sleep: <https://forms.office.com/e/M3QjqQggLT>

Managing Worries: <https://forms.office.com/e/SiqzWJJAdP>

Transition (Year 6): <https://forms.office.com/e/cCg2VFeQDj>

MHST Managing Worries
TIPS AND SUPPORT WITH MANAGING YOUR CHILD'S WORRIES

- Take Deep Breaths
- Write it Down
- Talk to Someone
- Do Something You Enjoy

Tuesday 12 May 2026
9.30am or 1.30pm

To request a place, fill out the online form or scan the QR code: To request a place, fill out the online form or scan the QR code: <https://forms.office.com/e/SiqzWJJAdP>

NHS Cornwall Partnership NHS Foundation Trust

MHST MANAGING BEHAVIOUR
TIPS & SUPPORT WITH MANAGING YOUR CHILD'S BEHAVIOUR

- STAY CALM
- LISTEN & TALK
- SET CLEAR RULES

HELPING CHILDREN THRIVE

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