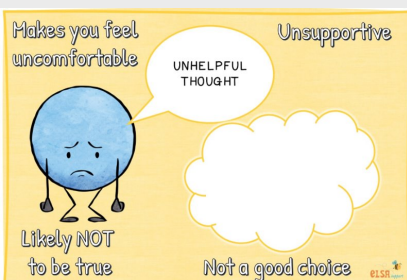
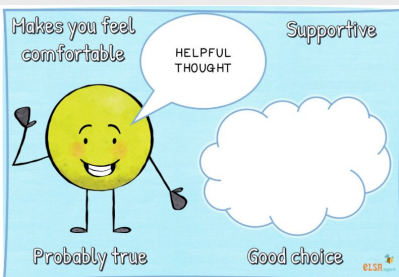


MENTALLY HEALTHY MOUSEHOLE ❤️

Positive News | Mental Health Awareness | Our Community

Safer Internet Day 6th Feb 2025

Next week is National Safer Internet day which we will be discussing in assembly. Children are often more savvy than their parents around technology and so an easy tip for internet use is to keep access to the internet restricted to a shared room in the home such as a living room. YouTube is a big concern around the primary age group - it is very easy to scroll through to videos that are distressing for young people so please keep an eye on this. The Safer Internet Day website has a page of information for parents and they have also made an information video to watch: <https://youtu.be/SD5KW6dqnv0> saferinternet.org.uk



Mental Health Week 2025

This week we are celebrating Mental Health week with the theme “Know Yourself, Grow Yourself” - the idea is that the more we understand ourselves and know who we are, the better we can recognise our feelings and help our mental health. In assembly, we discussed the difference between helpful and unhelpful thoughts and talked about how sometimes we think and feel things that might not make us feel very good and probably aren't true. We talked about what to do if we have unhelpful thought that will not go away (find a safe adult to talk to) and how to change negative thinking into helpful positive thoughts instead. This is such a tricky skill to learn and something that most adults find difficult so well done to Mousehole children for having a good think about it! We also started the week wearing odd socks to





Play dough recipe

Play dough is super easy to make and a great resource to have ready in the fridge at home. It is very relaxing to play with and keeps children entertained on a rainy day. Making it is also much cheaper than buying and there's no need to worry about mixing the colours up!

Ingredients:

- 2 cups of plain flour, 1 cup of salt, 1 tablespoon of vegetable oil, 1 teaspoon of cream of tartar, 1 cup of water, food colouring.

Mix the water, food colouring and oil together, place all the ingredients into a pan on a medium heat and stir until it comes together as a dough. add to the dry ingredients and stir until it comes as a dough. Keep in the fridge in an air-proof container.



represent and celebrate our differences - we are all on Team Mousehole but individually we are all unique!

What is Resilience?

Resilience is a bit of a buzz word for children's mental health but what is it and how do we support our children to develop it? Resilience is all about our ability to cope when things go wrong, how we react to difficulties and how we overcome this. Resilient children are given the opportunity to try things for themselves but are supported and encouraged when they find things hard. To be resilient, children need to feel that they are loved and that making mistakes is ok. When children feel like adults will be disappointed in them if they fail, they become afraid to try new things and are less resilient. A good rule of thumb is to always encourage your child to try their hardest but that their personal best does not necessarily have to be the same as other children. As our odd socks are reminding us, we are all different with different skills and talents!



