

MENTALLY HEALTHY MOUSEHOLE

Positive News | Mental Health Awareness | Our Community

Arts Adventurers at The Centre

Open to all children aged 7-11, 4-5pm every Monday at The Centre in Newlyn. Children can take part in various creative activities, meet and interview local artists and plan and deliver art exhibitions. For more information, please go to www.minack.com/taking-part/how-can-i-take-part

Welly Walks and the great outdoors!

Every Wednesday, rain or shine, you will see our lovely Dinghies wearing their wellies and going out and about to explore the world outside our school gates. Children always benefit from a bit of fresh air so don't forget to get them out when you can. Thanks to everyone who came to the latest volunteering session at the school garden, the children had fun and Mr Ansell definitely appreciates the support!



Growth Mindset at Mousehole

Our children have been learning all about what a growth mindset is recently at Mousehole. A growth mindset is where a person believes that, if they are not good at something or find things difficult, they can work hard and change this. Some times children can be very hard on themselves when they make mistakes and feel like if they are struggling that they will never achieve their goal. At Mousehole we have been looking at the magic word of “yet” to change a sentence. “I can’t do that YET”. We have also been teaching the children that it is ok to make mistakes and often good things come from mistakes, we learn from them and follow paths to unexpected places. Some of our children have been learning about neuroscience and how when mistakes are made, it can form a new pathway in the brain to new learning. Children who feel confident in their ability to learn and achieve feel much happier at school and it improves their mental health in general so if you ever hear your child say “I can’t do it” don’t forget to add “yet!”. Allowing children to do things for





Mousehole children make super ambassadors for our school!

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It is hard to have missed that Mousehole School had the pleasure of meeting Prince William this month but it needs to be mentioned what great ambassadors our children were for our community. We had to wait a VERY long time for his helicopter to be able to land in the foggy weather and the children really demonstrated all those skills we've been teaching them. They were so patient and resilient and incredibly polite when they met the Prince, speaking confidently and asking wonderful questions. Well done Mousehole!

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themselves is also very important. It is hard to watch your child struggle, even at something as simple as doing their coat up, and the temptation is to jump in and help them. As much as a child might appreciate the easy route at the time, this doesn't allow them to achieve things by themselves and thus takes away from the opportunity to develop their self-confidence and pride in their own abilities. At school we are focusing on praising children for their effort as well as their achievements and letting each child feel pride when they achieve their own personal best.

Mental Health Ambassadors and the MHST

Our Mental Health Ambassadors have been enjoying learning about the "Decider Skills" with Sarah Sejahtera from the Mental Health Service Team (a series of CBT lessons designed to give children the tools to look after their own mental health from now and into adult life) and will soon be deciding how to share their learning amongst our school community. We have also been enjoying hearing their reports in assembly as our little happiness spies and have spotted children helping each other in the playground, sharing equipment, encouraging each other when they find something difficult and generally supporting each other in so many different ways.

Sarah is visiting our school every Wednesday and is available to talk directly to parents if they have any concerns regarding wellbeing. She can work one to one with children as well as running parenting classes and groups. If you would like to speak to her or are interested in a facilitated parenting class or group, please do get in touch.

