

Time to Talk – Penpol School Mental Health Hub Newsletter

Issue 2: Thursday 25th February 2021

Welcome to this week's Mental Health Hub Newsletter!

Each week we will bring you lots of ideas for practical ways you can improve the mental health and wellbeing of yourself and your family. Your ideas and feedback are always welcome so please do get in touch: tis@penpol.cornwall.sch.uk

Time to Talk



Don't forget - every Thursday Rachel Perris, our school coach, runs friendly group sessions via Zoom which you are very welcome to join. Alternatively, we offer individual sessions with one of our team and someone is always available for a chat – just get in touch.

Gratitude:

Gratitude, comes from the latin word 'gratus', meaning 'thankful, pleasing' Think of 3 things you are grateful for at the start of each day – maybe start a gratitude journal and write them down?

Get your 5 a day...

Connect	Write a letter to a friend or relative, or make and send a card or picture.
Be active	Make a simple circuit trail in your garden or when you're on a walk – eg walk for 20 paces, run for 30 paces, do 10 star jumps, giant steps, fairy steps, etc
Keep Learning	Learn some facts about St David's Day – 1 st March and maybe try a Welsh recipe or learn to draw a dragon?
Take notice	Have screen free meal times – no one is allowed a phone - TV and screens off.
Give	Encourage the children to help put the shopping away or to clear the table after a meal.

Creative Corner

Make some egg box daffodils. First, tear the 'cup' parts from an egg box and paint them yellow. Make a template for the petals, cut out and paint or colour yellow. Stick everything onto a plain piece of card and make a beautiful spring or St David's Day picture. We'd love to see them!



Wellbeing Calendar – Try one of these each day

Today make time to do something fun	Listen out for at least 2 types of birdsong you can hear	Find a really good joke and make someone laugh	Take 5 minutes to sit outside in the sunshine	Pay someone in your house a compliment	Choose a new book and enjoy time spent reading	Make a colourful snack – try and use all the colours of the rainbow
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