

# Time to Talk – Penpol School Mental Health Hub Newsletter

Issue 3 - Thursday 4<sup>th</sup> March 2021

Welcome to this week's Mental Health Hub Newsletter! Your ideas and feedback are always welcome so please do get in touch: [tis@penpol.cornwall.sch.uk](mailto:tis@penpol.cornwall.sch.uk)

**"Happiness is not something ready made. It comes from your own actions."** Dalai Lama



**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. We can also offer individual sessions with one of our team and someone is always available for a chat – just get in touch.

## Kindness:

Kindness takes many forms- it can be a thought, a word or an action. It can be something small like a smile or big like standing up for somebody. You can be kind to yourself as well as others.

## Get your 5 a day...

<b>Connect</b>	Read a book together and talk about it – maybe video call a friend or relative to share a book that way.
<b>Be active</b>	Try out a yoga video online (try YouTube) – you don't need any equipment!
<b>Keep Learning</b>	Find out some facts about St Piran's day (March 5 <sup>th</sup> )
<b>Take notice</b>	Put on some music that you really enjoy and really listen to it – how does it make you feel? Are you smiling?! 😊
<b>Give</b>	Perform a random act of kindness for someone in your house – ask how they are and really listen, make them a drink, give them a big hug.

## Creative Corner

Try making a Cornish recipe on Friday to help you celebrate St Piran's Day. Home-made pasties always taste so good, or maybe try saffron cake, a delicious cream tea with scones, jam and clotted cream, or even try a Starry Gazey Pie?!



## Wellbeing Calendar – Try one of these each day

Try to use kind words when you speak to yourself	Plan something fun and invite others to join you	Take a different route and see where it takes you	Connect with someone – share a smile or a quick chat	Focus on what's good even if today feels tough	Have a 'no plans' day today and notice how it feels	Go to bed early and give yourself time to recharge
--	--	---	--	--	---	--