

# Time to Talk – Penpol School Mental Health Hub Newsletter

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Welcome to this term'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)

**Please share this with your children and anyone else you feel may benefit!**



**Time to Talk** – We have a great Wellbeing Team with a TIS practitioner available for an afternoon every week for any children who would benefit from some support. Recently support has been given around anxiety, bereavement and family separation – get in touch if you'd like to know more.

#### Mindfulness:

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful.

#### Get your 5 a day...

<b>Connect</b>	Get organised and make a Christmas card list – talk about who to include!
<b>Be active</b>	Get out for a lovely Autumn walk, wrap up warm and maybe take a flask.
<b>Keep learning</b>	Learn some relaxation or mindfulness techniques and share with your family.
<b>Take notice</b>	Try some mindfulness – start by relaxing your shoulders and jaw and notice how it feels.
<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

I know it's a bit early but maybe start on making some Christmas cards to send to special people! Get the glitter out and get creative or look up some ideas online. We look forward to seeing your amazing creations!



#### Wellbeing Calendar – Try one of these each day

Make a list of things you want to do this month.	Respond to a difficult situation in a different way.	Get outside & observe the changes in nature around you	Try out a new way of being physically active.	Sign up to join a new course, activity or online community.	When you feel you can't do something, add the word 'yet'.	Be curious. Learn about a new topic or an inspiring idea.
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