

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

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.

Transition:

The process or a period of changing from one state or condition to another. July is a month of transition as children move up to the next year group or school. We help the children by practicing and anticipating change where we can, providing plenty of support.

Get your 5 a day...

Connect	Keep in touch with friends over the summer – meet up or video call.
Be active	Dance is something you can do on your own at home or in a group. Have fun!
Keep learning	Cook together – try some new picnic recipes together and eat them outside.
Take notice	Take 10 minutes to yourself each day – try a mindfulness app or sit out in the sun.
Give	Help others at home to finish a DIY project in the home or garden.

Creative Corner

Build a fairy or gnome garden. Fill a pot or container with soil or sand and add some decorations to make it fit for any small fairies or gnomes (or dolls/toys) you have at home. You could make it really magical or try your favourite theme - Harry Potter / Spongebob / Paw Patrol?!



Wellbeing Calendar – Try one of these each day

Make a list of things you want to do over the holidays.	Create a new playlist of uplifting songs to listen to.	Make time to do something playful just for the fun of it!	Be kind to you! Do something that brings you joy.	Watch something funny and enjoy how it feels to laugh!	Do something healthy that makes you feel good.	Look for something to be thankful for where you least expect it.
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