



Parent Wellbeing Week at Penpol School

We are offering opportunities throughout the week of 11th July for parents and carers to attend sessions for advice and information on Wellbeing, mental health and SEND (special education needs and disabilities) which can include dyslexia, autism, ADHD, etc.

Monday 11th and Tuesday 12th July 8.30am – 4.30pm – book an appointment with Mrs Thomas (SENDCo and mental health lead) – either in person or via telephone. We can talk about provisions for your child in school, their progress, any difficulties they are experiencing, look at diagnostic services, etc.

Wednesday 13th July 9.00am – 11.30am – Tea and Talk – open access drop-in session with Mrs Thomas and Mrs Smart (Nurture Lead), with special guests Eula Hardy from Cornwall county parenting service and Hayley from Penzance Women's Aid Outreach. Come along for coffee, cake and chat!

Celebrating learning differences!

Creating community

Getting to know one another

Gathering support

Thursday 14th July 9.00am – Walk and Talk. All parents and carers are welcome for a gentle, local walk led by friendly, mental health trained members of staff and Clare Foley our Educational Mental Health Practitioner. No pressure - Happy to chat...or not!

“...the benefits of being out in green spaces - mental health organisations and the NHS recognise the benefits of the activity on good psychological health and mental well-being. In fact, any kind of exercise can help to reduce levels of stress, depression and anxiety...”

**For further information or to book an appointment please contact
the school on 01736 753472 or email
rthomas@penpol.cornwall.sch.uk**