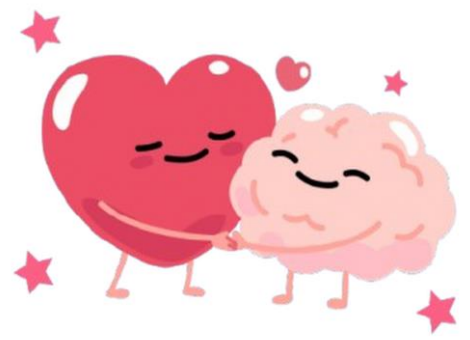


# Mental Health Matters



At Hillside First School, we believe that looking after our mental wellbeing is just as important as looking after our physical health. For children (and adults too!), feeling calm, happy, and supported helps us all to learn and grow.

To help families nurture positive mental health at home, we have created a dedicated [Wellbeing](#) section on our school website. This space is filled with practical ideas, helpful tips, and links to trusted resources to support children's emotional development and overall wellbeing.

Each week we will feature a resource that offers expert guidance and practical parenting tips. We hope you find these suggestions helpful and supportive.



## This week's focus: "Bereavement"



Grief is a personal and often challenging journey, especially for children. While it's natural to want to protect them from pain, children need support to understand their emotions. Each child's grief is unique, influenced by age, personality, and their relationship to the loss. This guide from Mosaic offers advice based on real family experiences to help you support your child. It aims to create a safe space where they can express feelings, ask questions, and grow while carrying love and memories forward.

The guide can be found [here](#).



Click the logo to visit the website

