

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.

World Mental Health Day

Friday
10th
October

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: "Talking Mental Health"

The 'Talking Mental Health' animation [here](#) aims to give children an understanding of what mental health is and the difference between every day small feelings and big feelings.



Anna Freud



Click the
logo to visit
the website

