

# 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.

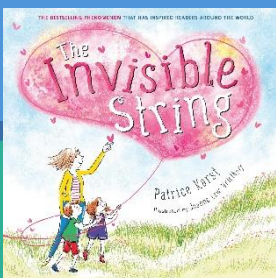
Each week we will feature a resource that offers expert guidance and practical parenting tips. We hope you find these suggestions helpful and supportive.

### This week's focus: "Separation Anxiety"

Some children experience difficulty with separation and may feel anxious when away from their parents or carers. If your child finds goodbyes or separations challenging, you can watch the helpful video linked [here](#) for guidance and support.

If your child is reluctant to go to school, explore these practical strategies [here](#) that can make mornings smoother and help ease their worries.

You might also share *[The Invisible String](#)*, a beautiful tale that reassures children they are always connected to their loved ones, even when apart. This story can bring comfort, reduce anxiety, and help children feel more secure as they learn to manage separation.



Click the logo to visit the website



All of the Mental Health Matters features can be found on our website [here](#).