

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: "Meltdowns"

If your child experiences meltdowns from time to time. The video [here](#) provides helpful tips and calming strategies.



Click the logo to visit the website



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

Resources for Parents/carers

- [5 tips to support the afterschool meltdown](#)
- [Breathing Techniques](#)
- [How am I feeling?](#)