

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: "Bullying"

My child is being bullied. What can I do?

The video [here](#) may help your child to feel more in control.



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



Click the
logo to visit
the website

My child might have bullied someone

Give them your help and understanding so they can stop. The video [here](#) provides support.