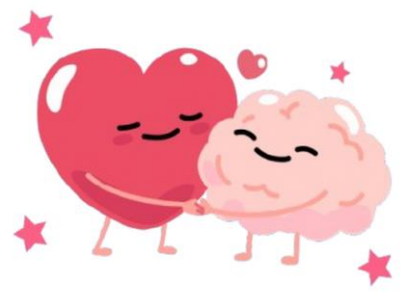


# Mental Health

## 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: "Family mealtimes are turning into a battleground"

Family mealtimes can feel like a battleground, but staying calm, avoiding pressure, and talking about hunger rather than using rewards can ease the stress. Giving children choices, involving them in meals, and keeping routines helps them feel more in control.

Supporting information and video can be found [here](#).



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

