

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: "My child says, I hate you"

When a child says "I hate you," it often means they're overwhelmed and need connection, not punishment.

Staying calm, acknowledging their feelings, and revisiting the situation later helps them learn to manage big emotions.

Showing empathy and apologising if needed builds trust and supports healthier communication.

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



Click the logo to visit the website

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

