

# 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: "Playing with my child"

Play comes in many forms—from physical and expressive to pretend and organised—and helps children explore feelings, solve problems, and understand their world. It builds emotional, social, and physical skills while strengthening your connection with them. Playing together shows children they are valued and gives them positive attention.

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](#).