

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.

Mental Health

Matters

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.

"My child keeps getting angry"

It's common for children to express anger through outbursts or aggression, but staying calm, helping them recognise their feelings early, and teaching coping strategies can make a big difference.

Role-modelling healthy anger management and supporting activities that build confidence also help reduce frustration.

With guidance and practice, children can learn to manage anger in safer, calmer ways.

Supporting information can be found [here](#)

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 is: Anger and De-escalation".**



Click the logo to visit the website



"De-escalation techniques"

De-escalation with children involves recognising the six stages of the escalation cycle and responding with calm, supportive actions at each phase.

By staying regulated ourselves, we can guide children through big emotions, prevent behaviours from intensifying, and repair effectively afterward.

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



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