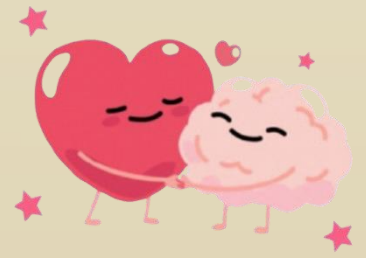


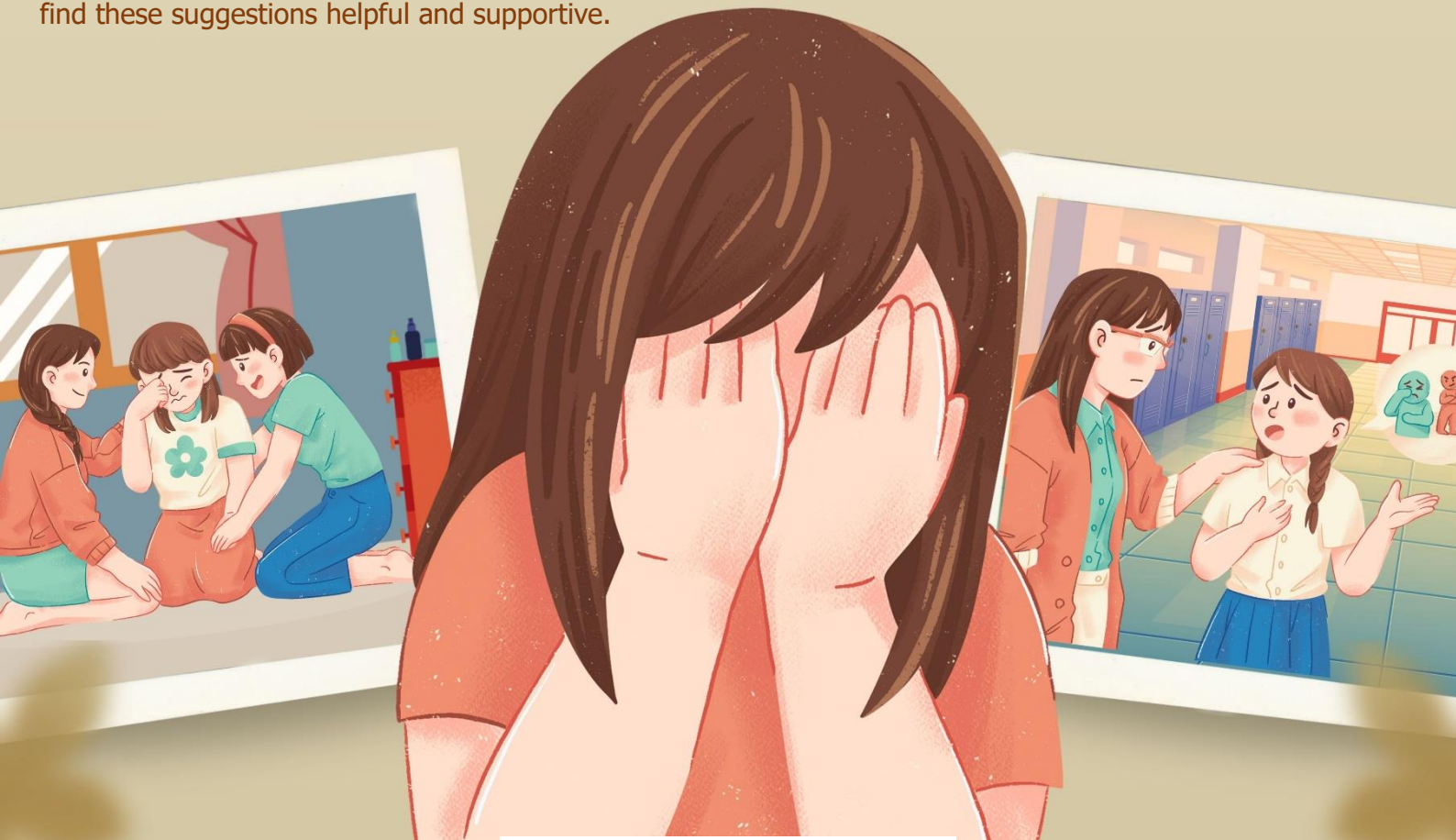
Mental Health Matters



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: "Feeling sad or low"

Changes in behaviour, like sleep issues, irritability, or withdrawal, can signal that a child is feeling sad or low.

Gently acknowledge what you've noticed, help them name their feelings, and stay calm as you support them. Give them space to feel sad, and when they're ready, encourage comforting or enjoyable activities to help lift their mood.

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

Practical tips for parents and carers

The publication [here](#) gives parents and carers practical tips for making everyday conversations about feelings and mental health easier, including discussing challenges like anxiety or low mood.



Click the logo to visit the website

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