

# 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: "Reading with your child"**

Reading together strengthens your child's love of stories, builds early literacy skills, and creates meaningful bonding time that supports emotional wellbeing. Just ten minutes a day can make a big difference, and there's no "right" way to do it—patience, encouragement, and shared enjoyment matter most.

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

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