

# 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: "Raising a resilient child"

Resilience helps children cope with stress, setbacks, and difficult emotions while still recovering and moving forward. It develops through a mix of temperament, experiences, and supportive relationships, and although it's hard to watch children struggle, facing age-appropriate challenges helps them build confidence, persistence, and healthy coping skills.

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

[Coping cards](#) for children are small, practical tools that provide immediate reminders and simple strategies for managing stress, anxiety, and other difficult emotions.



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