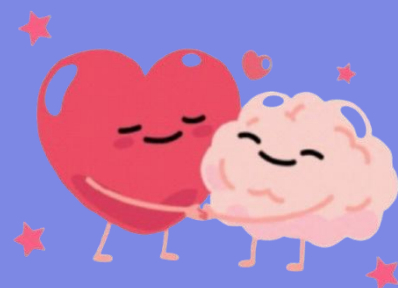


At Hillside First School, we believe that looking after our mental wellbeing is just as important as looking after our physical health. For children (and adults too!), feeling calm, happy, and supported helps us all to learn and grow.



# 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.

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: "Understanding shyness in children"

Shyness is feeling anxious around others, especially strangers, and is different from being quiet or introverted. While normal in many children, it can become problematic if it stops them joining activities, making friends, or asking for help. Shyness can stem from biology, experiences, or social challenges, and persistent difficulty may indicate social anxiety.

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

Place  
2Be



Click the  
logo to visit  
the website



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