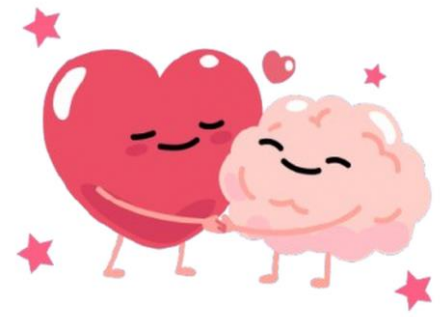


Mental Health Matters



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: "My child is lying"

Lying is a normal part of child development, often linked to fitting in, seeking attention, or avoiding trouble. Respond calmly, understand their reasons, and encourage honesty by praising them when they own up. Modelling honesty yourself helps reinforce that being truthful is valued and safe.

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



Click the logo to visit the website



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