

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.



“Support when someone dies”

Support your child's grieving by being honest, available, and patient, letting them express a range of emotions at their own pace. Maintain routines, provide reassurance, and use age-appropriate activities to help them process the loss. Show it's okay to be upset and seek support from school or bereavement services when needed.

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

“Support after a traumatic event”

After a traumatic event, support your child by creating safety and calm, maintaining routines, and allowing them to ask questions while listening and acknowledging their feelings. Stay connected to loved ones, provide hope for the future, and ensure you also take care of your own wellbeing to better support your child.

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

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