

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: "Race and Discrimination"

Talking about race can feel difficult, but children notice differences from a very young age and can form stereotypes early.

Avoiding the topic leaves them vulnerable to bias, whereas open conversations help them understand experiences, build a positive racial identity, and develop inclusive attitudes.

Parents play a key role in shaping how children view themselves and others.

Supporting 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](#).

