

# 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 is "changes & endings"

Help your child cope with changes and endings by acknowledging their feelings, preparing them in advance when possible, and creating space for reflection and rituals. Sharing your own coping strategies and celebrating memories can support resilience and understanding that endings are a normal part of life.

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