

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.

This week's focus: "Helping your child develop talents"

Every child has unique talents, which can be innate or developed through learning and practice. Supporting their interests without forcing them allows talents to grow, boosts confidence, resilience, and creativity, and strengthens parent-child relationships.

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

