



Hillside Infant School Safeguarding Leaders

These members of staff can be approached about any concerns about child safety or child protection issues

- **Mrs Fennell** – Headteacher and Designated Safeguarding lead (DSL)
- **Miss Pugh** – Pastoral care lead and Deputy Designated Safeguarding lead (DDSL)
- **Mrs Gibson** – co-headteacher
- **Mrs Pieniek-Jones** - Assistant Headteacher – Inclusion / SENDCO

Please click on the logos for useful information for parents and carers to help support children's mental health



NSPCC



Safeguarding and Child Protection parent newsletter

Safeguarding our pupils is a priority at our school

Last term of the school year!

Raising children in today's world can be joyful, busy, and sometimes overwhelming. In between school and other activities, one essential piece often needs more attention: **mental health**.

Children's mental and emotional well-being is just as important as their physical health. Building strong mental health early helps children feel secure, cope with challenges, and develop confidence, empathy, and resilience.

What Mental Health Looks Like in Children

Good mental health doesn't mean being happy all the time. It means being able to:

Express emotions in healthy ways

Form strong **relationships** with others

Adapt to change and handle frustration

Show **curiosity** and motivation to learn

How You Can Support Your Child's Mental Health

Create a safe, predictable environment - Routines help children feel secure. Daily structure—meals, bedtime, and downtime—builds stability.

Encourage open conversations

- Let your child know it's okay to talk about feelings. Try asking: "What was the best part of your day? The hardest?"

How You Can Support Your Child's Mental Health

Model emotional regulation -

Children learn by watching. Showing how you manage stress teaches them to do the same.

Limit screen time and encourage play -

Unstructured play helps children process emotions, solve problems, and connect with others.

Know when to seek help -

If your child shows persistent signs of sadness, anxiety, withdrawal, or behavior changes, do not hesitate to ask for some advice / support in school -

Miss Pugh – Pastoral care lead /

DDSL. - accreditations in children and adult mental health, mental health first aid, therapeutic play and supporting with loss, anxiety and trauma. There are also lots of therapeutic stories in school that we are always willing to lend out to families – just ask.

At Hillside Infant School we feel it is really important to work with parents/carers and with the agencies that support schools and families so that we can provide a safe environment that educates pupils of risks they may face and how they can respond to them in a safe manner.