

**Key dates – Parent review day – 13<sup>th</sup> April 2026**

 **Why Mental Health Matters**

Mental health is just as important as physical health. When we feel mentally well, we're better able to cope with life's ups and downs, form positive relationships, and support ourselves and those around us.

 **How We Support Your Child**

- Provide a safe, nurturing environment for all students.
- Offer access to trained pastoral staff and a school counselor.
- Regular pupil voice surveys.
- Work closely with external professionals when additional support is needed.

 **This Term at a Glance**

1. Pupils have completed pupil voice surveys about their feelings and about some specific lessons. Results from these surveys were positive. Pupils are accessing pastoral support when it's needed and overall are settled.
2. Some pupils have had sessions with Michelle from Children's Services about how to support their emotional wellbeing.
3. Ks4 pupils have completed mock exams.
4. KS3 pupils have shared their opinions about pupil council and what changes they would like to see.
5. Parent review day – 13<sup>th</sup> April – a chance to check in and catch up with your child's form tutor 😊 and discuss their wellbeing and academic progress.

**Useful links:**

[Lancashire Parent Carer Forum](#)

[SENDIAS Home - Lancashire SEND IAS](#)

- |   |
|---|
| <ul style="list-style-type: none"><li>• Young Minds Parents Helpline: 0808 802 5544</li><li>• Mind: <a href="http://www.mind.org.uk">www.mind.org.uk</a></li><li>• NSPCC: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></li><li>• Samaritans (24/7): 116 123</li></ul> |
|---|

**MH/Wellbeing Lead: Rachel Sharp**

**Email: [sharpr@brookfield56.lancs.sch.uk](mailto:sharpr@brookfield56.lancs.sch.uk)**