Furrowfield School

Together We Succeed

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Dear Parents and Carers,

World Mental Health Week – Looking After Ourselves and Each Other

At Furrowfield School we have focused on World Mental Health this week. We know that looking after our mental health is just as important as looking after our physical health. World Mental Health Day gives us an opportunity to pause, reflect and remind ourselves that everyone has mental health, and everyone deserves support when things feel difficult.

For our students, feeling safe, understood and connected to others can make a huge difference. As a school, relationships are at the heart of what we do. Through The Furrowfield Way, our pastoral support and our commitment to Belong Together, we want every young person to know that they are valued, they matter and there is always someone they can turn to.

There are also lots of simple things we can all do to support our mental health and wellbeing:

- Talk – encourage open conversations about how we are feeling
- Connect – spend time with people who make us feel safe, valued and understood
- Move – being active, getting outside or simply going for a walk can give us a change of environment and help us reset
- Rest – good sleep and opportunities to switch off are important for our wellbeing
- Take a break from screens – create moments without phones, social media or other distractions
- Do something we enjoy – music, sport, gaming, reading, gardening, creativity or spending time with others can all provide positive moments in our day
- Notice when things are becoming difficult – changes in sleep, mood, behaviour or withdrawing from things we usually enjoy can be signs that we need some additional support
- Ask for help – perhaps most importantly, remind young people that asking for help is a strength, not a weakness

Sometimes the most powerful thing we can do is simply ask, “How are you, really?” and make time to listen to the answer.

At Furrowfield, students have trusted adults they can speak to when they are worried, overwhelmed or simply having a difficult day. We will continue to work alongside families to support our young people, recognising that positive mental health is built through relationships, consistency, understanding and a strong sense of belonging.

World Mental Health Day is a valuable reminder, but looking after our mental health is not something we should think about on just one day of the year. It is something we can support through the small things we do for ourselves and for one another every day.

Please encourage your child to speak to a trusted adult at school if they need support, and please contact us if there is anything you feel we should know so that we can support them effectively.

Together, we can help our young people understand that it is okay not to feel okay, it is okay to talk, and no one needs to struggle alone.

Thank you, as always, for your continued support.

Together We Succeed.

Kind regards,



Miss Heather E. Scott
Head Teacher