

Parents' Forum

Wednesday 11th October 2017 9am

Present: S. Beckett (Senior Leader) , J.Hindley (SENCO) and 7 parents (+ one contribution via email from one parent).

Agenda: Wellbeing

This year, one of our School Improvement Priorities is looking to improve the children and the staff's well-being. It is important that children are feeling good in order to learn productively and that staff's well-being is also good so that their teaching is effective.

Miss Hindley, our SENCO, with Mrs Walsh, our FLO, are looking to run coffee mornings or afternoons for parents, when the school will invite 'specialist' speakers to talk to parents about any issues parents would find useful and supportive. Themes could be: sleep, bedwetting, anxiety, eating or ASD.

If you have any additional suggestions as to which areas we can cover, please let us know.

The parents, who attended, looked at the following questions:

- a) What does good wellbeing look like in children?

Happy faces; good friendships; looking 'fresh'; good attendance; happy; calm; awake; interacting; sociable; physical size and appearance in line with peers; positive body language and posture; alert; want to go to school; willingness to learn.

- b) What can negatively impact on children's wellbeing at home and at school?

Death in the family, including pets; money worries at home; moving home; being shouted at when at home; internet/ social media bullying; workload; new learning; bullying; friendship issues; diet; changes at home and at school; new sibling; relationship between parents; late to bed; unhappiness at home; late nights; a parent's well-being not good; bad relationships with friends at school; thoughtlessness; lack of empathy; not being able to reach all goals at school; lack of food.

- c) What can be done to improve/ maintain children's well being at home and at school?

At home: Praise; healthy eating; play dates; opportunities to listen to children (real listening); talking through issues openly without judgement; teaching them how to treat people; parents talking about internet safety; setting a good environment to learn; setting a good example; being proud; after school activities; helping with homework.

At school: timetable/ structure; praise; healthy eating; teaching them good sharing; accepting we are all different; friendship workshops/ assemblies; rewards for good behaviour.

Areas which were discussed further in response to questions from the parents present:

Staff briefing content: Every week the whole staff meet to raise any current issues relating to: bullying; e-safety, health and safety or key children to keep an eye on for particular reasons. Each class also have a behaviour log and a safeguarding issues log, which are collected in weekly and checked to track any particular behaviours or concerns.

Assemblies: Assemblies are used to promote our values (Respect, Nurture, Aspire and Belong). Themes are varied, but cover many Personal, Social and Health topics.

Bullying School Improvement Priority: Bullying is regularly covered through assemblies to ensure that children know what constitutes bullying (repeated, deliberate negative behaviours where there is a power difference) and what to do if they believe they or someone else is being bullied. This school priority will reinforce these messages and ensure all staff and parents are informed and aware of what constitutes bullying and how it is dealt with.

Healthy Living and Well-Being Week: Next week (Week beginning Monday 16th October) the whole school will be developing their understanding of healthy living and well-being. This will include many activities such as yoga, mindfulness, staying active, researching local produce and making healthy food.

World Mental Health Day was Tuesday 10th October. KS2 had an assembly by Mrs Felton to explain about mental health, in a child friendly way, to break down stigma and misconceptions.

Punctuality and attendance: As a school we track punctuality and attendance and work with families where this becomes frequent. As a school we are given strict guidelines as to what our attendance needs to be and that all children need to be on time. Our FLO and the Senior Leadership Team are currently reviewing our policies and guidance for parents, which we will re-launch once complete, in an endeavour to raise awareness of the importance of good attendance and punctuality.

Devices/ mobiles-: It was discussed the need for parents to be aware of how children are using devices, how much, when and the content. The school continually talks to the children about issues of e-safety in all lessons requiring the internet and does regular curriculum work about this.

Behaviour Chart : This is currently being reviewed. The current chart does allow for the children to move up and be rewarded for specific good behaviour choices and well as down. As a staff we are looking at how to make sure that this is being consistently used.

Traffic: This clearly affects the well-being of parents and the potential safety of our children and parents. Traffic calming, parking and safety features (for examples the barriers) come under the remit of the Parish Council. Ms Beckett is going to contact them to investigate whether any more can be done.

Many thanks to all the parents who came and contributed.

Sarah Beckett

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