



## Parent Council Minutes

**Date of Meeting: Friday 3<sup>rd</sup> February 2023**

**Clerk: Liz Johnson**

### Attendance

<b>Name</b>	<b>Class</b>	<b>Present/Apologies</b>
Jennifer Gilmore	Ladybird Woodpecker	Present
Amos Amiegbe	Ladybird	Apologies
Jade Whitehouse	Deer	Present
Jennifer Brickhill	Butterflies	Apologies
Sinead Whelan	Owl	Apologies
Heidi Williams	Frog	Present
Holly Rigby	Owl	Present
Natalie Muir	Squirrel	Apologies
Paul Miller	Fox	Present
Liz Johnson	FLO	Present
Pat Myles	Hedgehog	Apologies
Melanie Runnett	Deer Squirrel	Apologies
Anne-Marie Maguire	Caterpillars	Present
Jess Vong	Rabbit	Present
Robert Addison	Badger Ladybird	Apologies

## Issues discussed;

### 1. Minutes of the last meeting / Matters Arising

- Liz shared the updated Attendance policy, taking on board the recommendations from last meeting.

### 2. Main Discussion Item – Mental Health Strategy

LJ introduced the topic, stating that along with communication Mental Health is our school priority. This is for children, families and staff. This Parent Council will concentrate on the strategy and what Trafford can provide whereas next meeting we will consider what Delamere provides.

#### a) How do you support your own mental health?

- Distraction
- Counselling
- Having a support network
- Coming off social media
- Having time for yourself / at bed time or just going into a different room for 5 minutes
- Speak to the nurses who visit
- Talking to others who get it
- Social media – can be positive to meet others but can be damaging if you start to compare your situations or parenting.

#### b) What do you feel should be in a strategy?

- Advice
- Where to find someone, who can listen to you
- Support should be easily accessible, shouldn't have to chase things
- How to access counselling
- Support for siblings
- Self-care for parents – what can you do / where can you get help / signpost / encourage parents that its ok to take time for themselves.
- Communication for children – this is the first step for their mental health
- How to connect with your child / play and interaction

#### c) Which policy?

LJ shared 2 possible policy formats that we could adopt. The group felt the one from the school was clearer.

d) What does Trafford have to offer?

LJ gave out sheets explaining different services available in Trafford to support. The group considered which they knew about and if they felt it would be useful. See separate sheet for results.

e) How do we advertise things without over loading people?

The group suggested a "Liz's monthly info sheet" (snappier title needed), rather than sending out bits here and there.

**f) Your Views**

- Swimming pool – was there any progress with families being able to come and use it? LJ to make enquiries.
- Annual reviews – how do we gain the views of children? Liz explained there had been a lot of work in this area, each class has been completing evidence to feed into the review. This may have been a one to one chat, a group session e.g. looking at what they like about school and this may have been in the form of an open question, a choice of 6 or 2 depending on the childrens needs. Liz will confirm this.
- Be Here Now – sessions at Bridgewater hall on Sundays, PM highly recommends them, Liz will send out info.

**Actions:**

- LJ to send out information about sibling support
- LJ to develop a monthly info sheet with any support and tips she finds within that month.
- LJ to send results of Service review to Trafford Commissioners.
- LJ to confirm how childrens views are gained for reviews.
- LJ to enquire about swimming sessions

**Decisions and recommendations made:**

- Talking to others, be it your support networks, other parents or strangers such as counsellors can support your mental health.
- A Strategy should be easily accessible and contain information about where to go to access help as well as the many different ways you can get help.
- The template from the school was favoured.
- Communication for children is key to start supporting their mental health.

**Date of next meeting: Friday 24<sup>th</sup> March 2023**