



Parent Council Minutes

Date of Meeting: Friday 24th March 2023

Clerk: Liz Johnson

Attendance

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

Issues discussed;

1. Matters Arising

- **Swimming pool usage** - the availability and cost of a lifeguard has been prohibitive however Sally will re look into it.
- **Annual Reviews** – Each class works with each pupil to establish their views in a manner suitable to their needs. If any parent / carer is unsure of how this was done they should contact the class teacher. There is also the All About Me form in the paperwork that families can complete at home.
- Findings of last meeting sent to the commissioners in Trafford.

2. Main Discussion Item – Mental Health and Wellbeing Strategy

LJ went through the draft strategy, highlighting the layout and main points. LJ asked for the group to think of 3 things that we do to support childrens mental health

- Recognition of individual needs / accepting of who they are
- Therapies e.g. pool, music, physio, pet
- Zones of regulation
- Facilities
- Noticing changes in behaviour and talking to parents about it
- Quiet spaces
- Helping with communication
- Strengths and difficulties questionnaire
- Over all the group felt it was an emotional wellbeing supportive and nurturing school for children and families.

LJ asked the group what they would do if they were worried about their child's mental health

- Talk to the teacher
- Talk to the FLO
- Talk to their social worker

Worried about someone else's mental health

- Talk to the FLO
- Talk to the safeguarding lead
- Talk to the person

Worried about yourself

- Talk to your GP

The group were pleased and approved of the strategy and felt it was reassuring that it wraps everyone together and points people in the right direction.

Easy Read Version

Rather than an easy read version the group felt a front-page easy link version would be more helpful. An eye-catching front page, perhaps with the flower 5 ways to wellbeing on the front, some key messages (we support everyone, we are prioritising emotional wellbeing, talk to someone, we all have mental health and whether it's a bad day or ongoing issues we are here) and then links to where to find information in the strategy.

E.g.

Worried about your Childs wellbeing, noticed some changes in their mood or behaviour – QR code to part of strategy

Launching the strategy

- Social media / parent mail, maybe resend each term
- Plasma screen in reception
- Print front age as a poster – send home in child's bag, note to say check website for full version
- Add to welcome pack
- Speak to rights squad / school council
- Launch with children – perhaps a social story, link to zones
- Add it to staff email signature e.g. of you need help we are here

3. Your Views

No issues raised.

Decisions and recommendations made:

- Mental Health and Well-being strategy agreed.
- Front page to be developed highlighting key messages and QR codes to the main strategy
- Regular reminders to all of the help and support on offer

Date of next meeting: Friday 19th May 2023