

## Parent Forum – Thursday 16<sup>th</sup> May 2019

Attendees:- Adam Campbell, Kerry Mercer, Celia Bennett, Helen Rossetti, Caryn Evirgen, Sarah Best, Vicky McQueen, Claire McChristie, Rebecca Ellis,

1. **Minutes from previous meeting** - everyone agreed the minutes and these will now be put on the website
2. **Matters arising**
  - Costume swop shop is on face book group page. The dates of future events to be sent to the PTA so that they can be posted and parents will have reminder **Action AC**
  - Termly date sheets, lots of positive feed back regarding its early publication. Request for the Autumn date sheet to come out by the end of the summer term also is it possible to have an annual date sheet.
  - Reports; these will look at how to support pupils that are not on track with a bar to indicate where pupils are i.e. secure, working towards etc. Suggestion to have a “surgery” following the issue of reports for parents to come in if they want to know how to help their child, However this will need to used properly not as another parents evening.
3. **School pick up arrangements**

AC and the CB The school business Manager had carried out a review of some of the options discussed at the previous meeting to improve the pickup arrangements.

It is proposed that a one way system is introduced using the present waiting area outside the school internal gate and by the Pine class playground. The parents would walk through the entrance gate as they do at present, collect their child from their classroom and walk around to key stage 2 playground and exit by the present Kids’ Club gate. This option would require some works to be carried out. The existing pavement, outside year 4, would need to be widened and an extension to the fence at the point where the Kids’ Club entrance exits into the carpark would ensure that parents and children could exit safely on to the zebra crossing. It may be possible to incorporate this into the planned works for the preschool. Parents highlighted that there may well be some areas of congestion still especially by the year 3 Hazel class external door, but the school could look at possible options to alleviate this such as a pick up from the corridor. This was broadly welcomed as a way forward.

#### 4. PE

Parents raised that PE is sometimes cancelled and that weather should not be barrier. The feeling was not to be scared of the weather and that if children have suitable clothing such as track suits and trainers. AC went through the key points of a presentation given by Nicola Hill the schools PE co-ordinator around the issue of keeping active and the importance of this to children’s lifestyle and general wellbeing. The key health challenges for children today are

- Increasing active enough to maintain good health
- Getting sufficient sleep
- Mental health
- Exam stress

- Eating 5 portions of fruit and vegetables per day
- Obesity
- The key goal is to help all children achieve 60 minutes of activity per day at home and school.

There was a general discussion on these points and the following key points were noted.

#### 5. **Activity**

The parents were in favour of all year groups doing the daily mile. Children to do a 15 minute block of exercise everyday. Could an exercise app help? Children could record what they do and then parents could see how they were doing. PE must not be missed. Sustrans a partner with Central Bedfordshire Council is working with the school to promote walking, scooting and biking to school. They have provided scooting workshops and provided balance bikes, as well as learn to ride for our year 1 children. This partnership will continue with various initiatives over the coming year.

6. **Getting sufficient sleep/mental health/stress;** One parent raised the link between screen time and activity before bedtime and the correlation between this and how sleep is affected. All agreed that home screen time needs to be managed by parents, but it was also raised that, increasingly, schools are using screens more such as chrome books and clever touch in the classroom. AC suggested that the issue of screen time could be addressed via a presentation on keeping children safe on the internet, run by Bedfordshire Police Outreach. It covers internet safety, cyber bullying and safeguarding. AC said this was pertinent in light of the fact that the school is aware that some year 4 children have, over the years, access social media sites. Parents agreed this would be useful and thought that year 3 should be a target group, as we need to reach those pupils now. Social media is also recognised as an area that generates stress and affects mental health in young people, so this presentation could also raise awareness amongst parents and children. It was suggested that the school require parents not to use their phones on site, especially when dropping off or collecting children.

Testing was also discussed, parents felt that the school keeps the SATs tests as low key as possible but inevitably children are aware that they are being tested. Parents also worry about how their children do.

It was suggested that Charities such as Mind offer advice and support with children's Mental Health. AC said that the school has pastoral support provided by Ganine Hurrell, who is available to work with children who need support for any reason.

#### 7. **Healthy Eating/Obesity**

All agreed that the school and parents to endorse the messages about healthy eating. It was agreed that the school should reiterate the provision of healthy snacks for break times avoiding sugary or fatty snacks such as crisps and sweet biscuits. There was consensus that the school and parents had to educate children to make the right choices. There was a brief discussion on school meals provision regarding the availability of daily fruit and vegetable and

choice. AC said that the standard of provision was good. School meals can help in support the healthy eating message and this will be put on the agenda for the next meeting.

**8. Suggestion box**

AC suggested a suggestion box and email option to the school office for agenda items.

**9. Future Items**

An afternoon playtime for year 3 & 4s and lunchtime arrangements regarding children having packed lunches being able to sit with their friends. Promotion of healthy choices and school meal provision.

**Date of next meeting – 20<sup>th</sup> June 2019**