

Parent Forum Thursday 12th January 2022

Present

Rebecca Wilkinson
Ruth Culley
Carmel Perry
Kate Morris
Lucy Oliver
20 Parents

RW welcomed parents and introduced them to Kate Morris and Lucy Oliver (Merseyside Violence Reduction Team). They explained to the parents about some of the work that they would be undertaking in school to help to support children's Mental Health and Wellbeing.

In order to support parents in promoting positive Mental Health and Wellbeing, Kate and Lucy would like to provide parents with bitesize clips on a range of topics that may currently be impacting upon pupils' mental health (and possibly their own mental health). There is a range of topics currently available to choose from including:-

- Managing Child Worry
- Resilience
- ACES and Trauma
- Social Media and Mental Health
- Behaviour as Communication
- Worries of the World
- Managing Conversations
- Child on Parent Abuse
- Worries of the World
- Managing Challenging Conversations
- Embracing uncertainty
- Low Mood and Depression
- Understanding and Managing Anxiety
- Grief and Loss
- Post Traumatic Stress Disorder
- Post Traumatic Growth
- Suicide
- Self Harm
- Grooming
- Teen Worry
- Kinship Carers
- Eating Disorders
- Attachment
- Young Carers
- Psychosis
- Adolescent Brain
- Understanding your stress response
- ROAR Bitesize

CAHMS website contains the full catalogue of topics but parents are also welcome to suggest any topics if they feel that there are other topics that are causing anxiety.

During the meeting Kate asked parents to take a poll of which topics they would be interested in hearing about and were asked on the poll to indicate whether they would prefer the training to take place face to face or online.

Social Media

A discussion took place around social media and how sometimes issues that start on social media at home end up being brought into school. Mrs Culley reminded parents that Knowsley CLC produce a monthly magazine with brilliant up to date information (eg. gaming and the pitfalls of certain apps). This is shared with parents every month

School Based Wellbeing Strategies

Mrs Culley talked to the parents about some of the wellbeing strategies available in school including:-

- Mrs Perry and Mrs Culley (who provide support for pupils and parents)
- Power of Parenting (by a course for parents in a relaxed setting covering a range of strategies that can be used by parents in the home)-led by Mrs Harris and Mrs Perry.
- Five steps to Wellbeing-another course led by Mrs Perry and Mrs Harris
- Rainbows-a course led by Mrs Culley and Mrs Perry that deals with loss
- Thrive- every child in the school is screened. This generates an action plan for the class as a whole but also highlights children who would benefit from some individual/group work. This is delivered by Mrs Culley and Mrs Perry
- Listening Ear Counselling Service-who provide support for individuals in school.
- Knowsley Mental Health Support Team-as a school we have a mental health practitioner (she meets with parents prior to working with the child).

Holy Communion

Holy Communion will be returning to Year 4 in the academic year 2022-2023

Our Year 5 children received the sacrament of Reconciliation during the Autumn Term and will receive the Sacrament of Holy Communion during the Summer Term of Year 5 (Summer 2023)

Our Year 4 children will receive the sacrament of Reconciliation during Lent and will receive the sacrament of First Holy Communion in Autumn 1 of Year 5 (around September/October 2023)

Our Year 3 children will receive the sacraments of Reconciliation and Holy Communion in the academic year 2023-2024 (when they are in Year 4).

PTA

A meeting will take place next Tuesday (after school)-all parents are welcome. Any offers of help, however small, would be welcomed by the PTA. Forthcoming events include:

- Easter Disco
- Easter Event
- Possibly a Summer Fair
- Year 6 Disco

RE Inspection

In the next few weeks (probably before half term) our school will have an RE inspection. School will receive 48 hours of the inspection.

Parents were thanked for their ongoing support of the school.