



Downe Primary School

Headteacher
Mrs J. Panteli

Parent Forum Meeting Minutes

24th February 2022

Mental Health and Emotional Wellbeing

Present: Headteacher and four parents of pupils in Years 1-6

Headteacher introduced the purpose and the context for the meeting.

A discussion then took place regarding the school's approach to children's mental health and wellbeing in the following four areas:

- Support and referrals
- Ethos and environment
- Student voice
- Working with parents, carers and families

This was separated into what the school is currently doing well in all four areas and what the school could develop in all four areas.

An action plan of things the school will work towards over the remainder of this academic year has been put together, in co-production with the parents in attendance.

What we currently do well:

- Support & Referrals



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- reasonable adjustments
- communications - key members of staff are available and accessible
- SENCo has been instrumental in this area
- support for pupils is in place
- personal touch towards individual pupil mental health and wellbeing
- accessibility of Headteacher at the gate - building relationships
- key adults on playground who are knowledgeable and understanding of individuals
- teaching support staff - very good at picking up on pastoral matters
- Ethos and Environment
 - see above - some overlaps
 - mental health and wellbeing vocabulary is creeping into home life
- Student Voice
 - children know they have a voice
 - children have ideas
 - children find staff to share ideas with
- Working with parents, families and carers
 - Class Dojo - clear communication channels
 - Parent forum - feeds into policy
 - SEND information report - co-production

What we could further develop:

- Support & Referrals
 - speed of support - earliest possible identification of potential SEND
 - teacher knowledge of the whole child - opportunities to learn about what makes them tick
 - information sharing between all parties
- Ethos and Environment



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- celebrate all pupils
- layer praise
- celebrate the work of all pupils
- children knowing when and how to get help when needed
- Student Voice
 - children knowing when they should/can speak out
 - children knowing how to get help when they are struggling with emotional wellbeing
- Working with parents, families and carers
 - sharing good practice and knowledge learning from each other
 - Information sharing can come in waves, making it challenging for some parents to keep up with everything
 - share information if any concerns at school with a child's mental health

Actions for the school to take forward as a result of this meeting

- Support & Referrals
 - formalise the roles and responsibilities of all members of staff with regard to mental health and wellbeing of children - mental health policy work
 - ensure communication loop between teachers, teaching support staff and parents remains intact
 - whole school piece of work around behaviour as a method of communication
- Ethos and Environment
 - trusted/nominated person - children know how to access their trusted adult
 - wellbeing ambassadors - older children trained to be wellbeing ambassadors
 - work on reducing fear of failure and perfectionism. Learning that it is ok to be wrong, make mistakes and experiment in order to achieve success.
 - regular review of displays for representation
 - celebrating all achievement - praise. Class Dojo points consistently awarded



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- SEND - celebrating neurodiversity - teaching children about hidden disabilities
- boys toilets need refurbishing
- Student Voice
 - teaching children ways to seek help when they need it
 - system for seeking pastoral care
 - resilience - learning about their own resilience through pictorial representation i.e. jar or boiling kettle analogy
- Working with parents, families and carers
 - try to ensure a steady stream of Dojo information messages rather than many all on one day
 - section on the website for sharing mental health resources
 - continued opportunities for parents to collaborate with school
 - dedicated time for parents of children with SEND/SEMH to meet together in school and share knowledge and experience



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