



## **WOODLANDS PRIMARY SCHOOL**

### **PARENT FORUM AGENDA**

**10<sup>th</sup> January 2019**

**6:30 - 7:30**

**Staff Room, Oak Building**

## **Working Together to Support Anxiety**

Welcome and introductions:

Rita Tarrant-Blick - Assistant Headteacher, Designated Safeguarding Lead, Inclusion Manager

Sarah Hardcastle - Pastoral Support Officer

Alice Baer - Social & Emotional Support Assistant

Terms of Reference:

These were explained to the group.

Items for discussion / sharing good practice:

- What makes children anxious?
- When is anxiety a problem for children?
- What are the signs of anxiety in children?
- How do I help my anxious child?
- What do I do that works / What do I do that eases anxiety in my child?

School support:

- *Mainstream Core Standards – Social, Emotional and Mental Health Needs*
- *Menu of strategies, resources and interventions to support social emotional and mental health*
- *Way Ahead – Mental Health Association – Small Steps*

1. *Strategies to support anxious children in the classroom*
  2. *An anxiety awareness guide for parents*
  3. *An anxiety awareness guide for teachers*
- *Mental health and behaviour in schools DfE November 2018*
  - *External agency support*