



WOODLANDS PRIMARY SCHOOL

PARENT FORUM MINUTES

10th January 2019

6:30 - 7:30

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.

Following introductions and bravely sharing one thing that each of us is anxious about, we had a good discussion and shared our thoughts and experiences about the following:

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

Some useful tips were shared:

- *Engaging in physical activities*
- *Distracting your child with the use of humour*
- *Providing the opportunity for 1:1 time with your child*
- *Mindfulness activities e.g. colouring*
- *Relaxation and breathing*
- *Acting out situations causing anxiety or preparing for them with role play*
- *Having a pet that they can talk to*

We considered the support that is accessible through school:

- *We have a menu of strategies, resources and interventions to support social emotional and mental health in school which we shared*
- *Mrs Hardcastle explained the routes to access external agency support*
- *Mrs Tarrant Blick referred to the DfE documents 'Mental Health and behaviour in schools' November 2018 and 'Mental Health and wellbeing provision in schools' October 2018*

We will be working on having a page on the school website for useful links and information about anxiety.

Many thanks to the parents and carers who contributed to this meeting, also to colleagues and Governors.

Please come and share your concerns with us at the first possible opportunity in order that we can work together to support our children and pupils.