

MONDAY 3rd DECEMBER 2018 @ 6:30pm
GREENWOOD ACADEMY
PARENT COUNCIL MEETING

Present: C McGuire - Head Teacher, C Le Maitre - Chairperson, C McKinlay – Secretary, H Gilbert, S Johnson, L McDade, S Hartridge, T Blackley

Apologies: L McQuaker

1. Mental Health Talk

Michelle Fullerton, PT Guidance and Susan England, School Counsellor, gave an excellent talk on mental health. C McGuire said the slides presented can be made available to all parents on “Show My Homework”. **Action: C McGuire**

The following topics were discussed:

- Mental Health and Wellbeing –a marked increase in mental health issues were noted in the last few years.
- Roles and Responsibilities – emotional help and support is given and the message that “Is ok to not be ok” encouraged. A discussion and short exercise took place at the Meeting around the stigma that can be attached to mental health disorders.
- Key Facts – 1 in 10 children between 1-15 years old have a mental health disorder. This increases during teenage years.
- Scottish Mental Health First Aid in Young People – this course has been completed by 35 members of staff at Greenwood. The course is in 3 parts; Online, Face to Face Training Session and Reflective Task (Online). It is available to anyone who is interested in completing it. One of the biggest focuses is suicide and why it is important to ask the question if there is cause for concern. GABA group and older pupils can work at getting this message across to 1st and 2nd year pupils. North Ayrshire Young Council are putting out positive messages.
- Social and Emotional Wellbeing – S England said the school are promoting and encouraging the message that support is available. She sees up to 30 children a week and pupils are aware that drop-ins at lunchtime are available. Self-referrals by pupils 13 and under involve parents being informed, over 13 parents do not need to be informed. Whilst there is currently a 12 week wait for Counsellor 1-1 sessions, pupils can be referred if an emergency. Any suicide risk should be assessed and seen with 48 hours or immediately taken to A&E.
- North Ayrshire Twitter page has been highlighting “13 Reasons Why” – this is to show young people the realities and finality of death. Discussion took place on ways to equip young people with these realities and why the lines get blurred. A survey in school last year showed that our young people do feel safe and know where to go.
- The educational psychologist (Diane Ferguson) will be visiting school soon to talk about exam stress, to understand their learning and development and what “fight or flight” natural feelings mean.
- M Fullerton explained what the LIAM programme taught her (Low Intensity Anxiety Management).

She said that intervention is always the key. The many support networks for pupils can involve Guidance Teachers, School Counsellor, Educational Psychologist, CAMHS, CRISIS Counselling and the Health & Social Care Partnership.

- Useful Websites for Parents and Pupils:
Childline, SeeMEScotland, Youngminds.org.uk, HealthScotland.com, NHS Scotland, Selfharm.org.uk

Mr Gilbert and S Johnson gave their apologies and left the meeting after the Mental Health Talk.

2. Approval of Minutes of the Previous Meeting

C Le Maitre welcomed all to the meeting and previous Minutes were approved.

3. Treasurer

R Vance's name will be removed from the Bank records as exiting Treasurer. C Le Maitre will complete the necessary section of the form, S Hartridge and T Blackley will go to the Bank to add their names as signatories.

Action: C Le Maitre, S Hartridge & T Blackley

4. Name Change

It was agreed that the new name from now on for the Parent Council will be Greenwood Connect. This links with "Connect" name being used by Council and may bring a new appeal and encourage parents/carers to join the Group.

5. School Website and Twitter

C McKinlay will receive training on use of the School Website and Twitter. Following this training all previous Minutes and Head Teacher's Reports will be added. C Le Maitre has the Administrative details for school Twitter and can share these by email. There is easy access to Twitter as it is on the front page of the School Website.

Action: C McKinlay/C Le Maitre

6. Feedback from North Ayrshire Parent Council Chairs Meeting

C Le Maitre gave feedback from this meeting and said there was a good turnout. Andrew McLelland, Caroline Amos, Heads of Service and Craig Hatton, Chief Executive attended. No representative from the National Parent Forum attended.

Topics discussed were:

- Online safety – Council are creating a resource to help parents. A questionnaire used so far has shown parents feeding back that they are not savvy enough to know how to block sites on mobile phones. This questionnaire will go out to all parents in North Ayrshire Council area in January, results will be collated in February. On 5th February 2019 there will be a discussion with all Head Teachers. Following this a North Ayrshire Involvement Strategy will be formed.
- Booklets on Attainment were discussed – C McGuire said these had already been given out to all teaching staff. There are six work streams within North Ayrshire and the booklets show the priorities.

- The Professional Learning Academy next to Auchenhavrie was discussed. It offers a huge range of professional learning on subjects such as Reading and Literacy. Currently focussing mainly on Primary School this has been a great success and has been given GTC recognition.

7. Head Teacher's Report

C McGuire gave out the December Head Teacher's Report and discussed some of the recent successes at Greenwood. These included the Arran Leadership Event, Eco Schools and the Youth Participatory Budget. Our school is having a collection for the Foodbank next week. Irvine Herald recently featured four pages of photographs from recent events at the School.

8. Any Other Business

C Le Maitre approached "Rights Respecting School" and one of the Music teachers has agreed to do a talk at next meeting.

9. Date and Time of Next Meeting

Next meeting to be held in School on Monday 28th January 2019 at 6.30pm.