



School Council Minutes

Date: 06.06.19

School Council Attendees:

Y6: EM, ZA, FW, JT Y5: EA, EI, HB, BL Y4: TW, VMS Y3: MB, OW Y2: SB, IW

Apologies of Absence: EM + JT (Netball)

AGENDA

HEALTH WEEK

Mr Brotherton is busy organising our annual Health Week – all classes will do extra physical activity and think about all areas of health.

SEMH (Social, Emotional and Mental Health) is something that we feel is very important in our school.

In PSHE, teachers deliver MindMate Lessons to help children understand their emotions and how to deal with different situations.



A few weeks ago, we decided as a school that the areas we would like to focus on in lessons are:

- Separation or Divorce
- A death of a family member or friend.
- A death of a pet.
- Diseases / illnesses in the family.
- The impact of living with a physical or mental disability.
- Controlling emotions.
- Healthy Eating.

Lots of child-friendly books have been published to help children understand these areas. There is link to a website called [Little Parachute](https://www.littleparachutes.com) for each area so that teachers can explore some of the stories that they may like to use in Health Week.

The questions that each class asked are below:

https://www.littleparachutes.com/category/issues/	What I would like to know?
Separation or Divorce https://www.littleparachutes.com/category/issues/divorce-separation/	Year 2: Can you live with mum for a week then swap? What happens if you only see your dad once a year? Do they take their ring off if they aren't married anymore? Can children decide if they want a step-parent? Why do parents want to split up? What happens if only one person wants to split up? What do they both mean? When you get married why do you break the promise you made? Why do some people get married again? Who is your dad when they split up? Can you split up then marry the same person again?

	<p>Year 3: What happens to people when they are separated or divorced as I am not sure what it means?</p> <p>Year 4: How do you accept it? How would it affect the child? How do you choose who to live with and the arrangements to see both parents? How do you look for positives?</p> <p>Year 5: Why does it happen? Is it always because of arguments?</p> <p>Year 6: What is it like to divorce? What is the difference between separation and divorce? What should I do if a parent is getting dangerously sad over a divorce? Why would people want to get married then divorced? What emotions do you get if your parent's divorce? Is separation and divorce the same thing? What emotions do you get when you are the adult experiencing a divorce? What do you say if your parent's divorce or separate? What happens when you want to live with both parents? What can cause separation or divorce? What would you do if you think that they separated or divorced because of you? How likely are people to divorce? How do you break up with a partner?</p>
<p>A death of a family member or friend.</p> <p>https://www.littleparachutes.com/category/issues/death-bereavement/</p>	<p>Year 2: What happens when you die – do you stop breathing and your heart stop beating?</p> <p>Year 3: What can I say? How should I react?</p> <p>Year 4: How do you find the positives? How we are all affected differently? How can I deal with it?</p> <p>Year 5: How do we deal with it? How do we help our friends if they are dealing with it?</p> <p>Year 6: How do you help people who have lost someone? How can you help them without getting upset? How can I help someone who has experienced a death of someone? Would it be better to give them a bit of space or talk to them about it? What is the best thing to say to someone if they had lost someone? What would you do if you lose a family member or friend? How do you grieve? What do you do to keep their mind off it? Is it helpful if you talk about it? How can I help when someone I know dies? Will you feel alone if a family member or a friend died? How should I act to support them? How can you help a person feel better? How do people act when it happens? How long does it take to get over it? How do you comfort someone? What happens to them when they are gone?</p>
<p>The death of a pet.</p> <p>https://www.littleparachutes.com/?s=death+of+a+pet</p>	<p>Year 2: What do pets do if they are poorly? Can a vet always save them? Do animals have brains? Is there an animal heaven? How long do dogs live? What does 'putting to sleep' mean and how does it happen? Do you go with the pet to the vet to see what happens? Is there a grave? Where does the body go? How can you help a sick animal? Can you catch their sickness? What do they turn into? Can you get another</p>

pet? Can dogs get married? Do pets have a god?

Year 3:

What happens to them?

Year 4:

What is the difference between your pet and family? What happens to the pet? What next? How do you deal with tough decisions?

Year 5:

If we have a pet currently, how will we deal with it when it does die? How can we prepare ourselves?

Year 6:

How many emotions could you feel? What is a good thing to say to others? Where do you bury a pet? What is it like to lose a pet? How would you make it not upset you when you want to think about it? How do you help the person deal with it? Will the animal have a normal grave? Where do the animals go after they die? How do people deal with it? Should I bring it up or not talk about it? What do you say when you have been told about a friend's pet dying? How long will you feel like this for? Can you keep the pet? What happens when they neglect their other pets as they're too sad? Would you talk to them about it? Do some people want to buy a new pet or not when their pet dies? How do pets die? If cremated, where do the ashes go? Would you be able to get another pet without feeling like you are replacing them? Do all pets get put to sleep?

Diseases or illnesses in the family.

See story books to support this:

<https://www.littleparachutes.com/category/issues/serious-illness/>

Year 2:

How do people get diseases? How do you get poorly? How does cancer make your hair fall out? Why do some people not catch the sickness? Why do some people get the same illness multiple times? What is cancer? Why do some people get more poorly? Why do people who are poorly try to make themselves look better?

Year 3:

How can you help them? What illnesses do they have? How long does it take to heal?

Year 4:

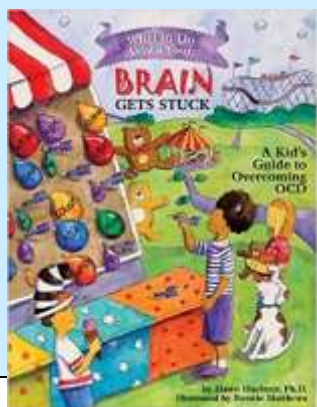
How different diseases affect people? What differences will it make? How can it affect you? How to cope with it? What are the different treatments?

Year 5:

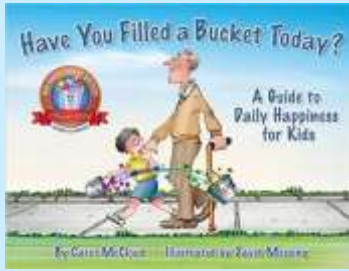
Why can we 'grow out' of asthma but not other diseases? How do our bodies fight disease? How long does chicken pox last? How do transplants work?

Year 6:

Are all diseases incurable? What are different types of illnesses? What impact does it have on the person? What do you do if you hear something but don't know what it means? What would happen to their family if they get ill? How are you supposed to cope with it if they let it out on you? How do you cure a disease? How do you get an illness like cancer? For example if someone gets cancer but never smoked and was very fit, what has caused it? How do different illnesses affect them? How do you help them? What do you say when you know? What impact does it have on the person and their family/friends? Do most diseases affect the whole family? What would happen to me?

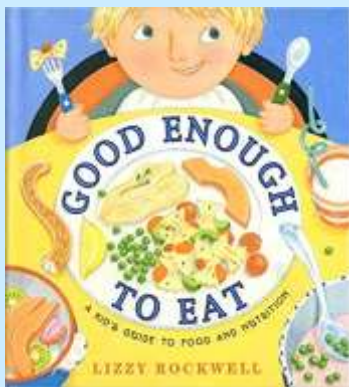


	<p>How do you take your mind off of it? Can other family members catch the disease or illness from them? What's a stress factor? What affects can a disease have? What do diseases do? How does your family get a disease that is passed down through generations? What can I do to stay positive? How long can it take to be cured? What is OCD?</p>
<p>The impact of living with a physical or mental disability.</p> <p>https://www.littleparachutes.com/?s=mental+illness</p> 	<p>Year 2: What are carers? Why do some people's arms and legs not work? How do people become disabled? Why are some people born without arms/legs? Are people born disabled? Can disabled people get better? E.g. if they are blind or deaf etc. What kind of disabilities are there? How do metal legs work? Can your arms grow back? What is Down syndrome?</p> <p>Year 3: How is life different? Why do people keep getting unwell again when they are better?</p> <p>Year 4: How can an illness change their life / family life? How does an illness affect their abilities (e.g. to be able to talk and walk)? What could you do to help? What are the different ways people with a disability learn how to do things? What are the treatments for disabilities?</p> <p>Year 5: How do we support people with anxiety e.g. myself or my parent? How do we deal with grandparents losing their memory (dementia)? How do we support parents and deal with mental illness in parents? How do we deal with parents who are stressed?</p> <p>Year 6: How can it change your life? Could that person die? If you are in a wheelchair can you fly on an aeroplane? How do you deal with it? What can I do to help? What can I do to stay positive? Are you always born with a disability? How do you live with a disability? Do you have to get a new car if you are paralysed? Why do people get a disability? How would you help someone else overcome them? How do disabilities change peoples' lives? How do people react to being in a wheelchair? What is worse, a mental disability or a physical one? Does constantly living in a wheelchair make you less healthy or active? How do you react to being told about a disability? How do I understand how they are feeling? Are there positives to being disabled? How do you live with that lifestyle? What would you be thinking with a mental disability? Do people think you are different and stare at you? How can different syndromes affect people?</p>
<p>Controlling emotions.</p> <p>https://www.littleparachutes.com/?s=your+emotions</p> <p>https://www.littleparachutes.com/?s=I+feel</p> 	<p>Year 2: What different emotions can I feel?</p> <p>Year 3: How to know to tell somebody if something is bothering you?</p> <p>Year 4: How do I deal with my emotions? What do the feelings I am having mean?</p> <p>Year 5: Is it normal for you to have an emotional 'burst'? How do you control hormones? How do you cope with not seeing parents very often?</p> <p>Year 6:</p>



How do you control your anger? How would you stop thinking about your emotions? Would you talk to someone or try deal with it yourself? How do you control / deal with your emotions when someone is pushing your buttons and winding you up? How do you control yourself? How do you get over an emotion? How do people control their emotions without talking about them? How do you overcome anxiety? What helps to control emotions? How long will you fill up with emotions? How can you make sure you don't over react or 'lash out'? How do your emotions affect other people? How do I keep a cool head when my brother is annoying me? How do I know how to act? How do I help someone else control their emotions? What is it like to feel sad all the time? What do you do to overcome grief? What can I do to stay calm with my sister? Does emotions change a person's personality? What emotions are easier/harder to control?

Healthy Eating.

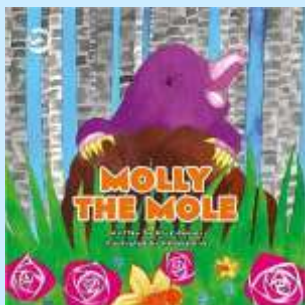


General questions:

Which foods have sugar in them? What are the healthiest things to eat? Will it make a difference if you have 1 day of not eating healthy? What should I do if I'm eating a lot less than my friends? Does healthy eating affect your emotions? Do you always have to eat healthy? How do I eat healthy whilst still having treats? How can you fit 7 vegetables in with your meals? Can you get diseases from eating unhealthily? Why do people want to eat unhealthily? How do you know the difference between healthy and unhealthy food? What does cholesterol mean? Are too many fruit and vegetables unhealthy? How can we help others? Can you eat too healthily? How do people stop unhealthy eating? What can you do when you need to have vegetables for a good heart? If you just eat healthy and not exercise can you still be fit? If you are overweight do people not let you have certain food? What could happen if you're not eating healthy? Can you be thin and unhealthy? How can too much protein affect your body? How do you stay healthy?

Body Image – the way I look.

<https://www.littleparachutes.com/category/feeling-s/being-different/>



Year 2:

Why are some people jealous of me? Why do people laugh at others? Why do we all look different? Why do people have different coloured skin? Why do people wear glasses? Why do people lose their hair? Why do women have babies and men don't? How do people get eczema?

Year 3:

How can we celebrate our differences?

Year 4:

How to deal with people saying things to me about the way I look? How can I deal with the feeling of wanting to change myself? How can I develop more self-confidence?

Year 5:

Is it ok to care what other people think or is it bad to care? I can't help it – I am bothered when people say unkind things to me. How can I learn to brush it off?

Year 6:

Can illnesses affect the way you look? How do you forget about people sending you mean messages? If you don't feel good about your body, who could you tell or what would you do? If someone talks about your body image, would it be a good thing to tell them that everyone is different? How many people don't like their body image?

Why would you be bothered with how you look? Have people died because of their body image? How do people feel and cope with their body image when people say unkind things to them? How do you handle people complaining about your body? How does body image hurt feelings? How can you distract your mind from something you worry about? Are some people born larger than others or is it to do with their diet? Is every single model in a magazine photo-shopped? Why do people want to have a slim body? What are the side effects of body image? At what age do you usually start to worry about body image? How would you deal with someone who is upsetting you due to your body image? How would you push back in real life (not on the phone)? Does not liking your body affect your emotions? Why do people stress so much about body image? How can you help someone who is not happy with how they look? How can I help someone feel more confident with how they look?