

Date: Thursday 16th May @ 8:50am in the Meeting Room

Class/Form: KS4 LC, KS4 SW, Primary 1, 6th Form, KS3 JC, KS3 AD/DE,

Topics for discussion:

What are your thoughts about the reading garden? What would you like to see in there? How could it be used in school?

- KS3 AD/DE: Working area outside, movement breaks, reading books, garden party
- KS5: N/A
- KS4 SW: Short trim-trail, hammocks, water fountain, yoga
- KS4 LC: Outdoor reading shelter
- Junior: Outdoor reading area, flowers, trees and water features
- KS3 JC: Flowers and outdoor reading space, hammocks
- Primary 2: Chairs, benches, plants, swings, flowers
- Primary 1: Like the garden – outside story times
- KS3 AR: Chillout area for breaks and lunch – nice benches, table tennis table

Thinking about form time at the end of the school day – what do you usually do in this time? What activities/ideas do you have for what you could do during this time?

- KS3 AD/DE: Play times, share thoughts, OT, watch funny videos on YouTube
- KS5: Play games
- KS4 SW: Pass on information. Could make puppets
- KS4 LC: Lots of social time
- Junior: We relax, Tuesday we do Makaton, play outside
- KS3 JC: Watch Newsround - ideas bingo and watch film
- Primary 2: Friendship time with games, booklet, music appreciation, Makaton – would like time for drawing and doing jobs
- Primary 1: Storytime – would like to have some playtime
- KS3 AR: Watch Newsround, check merits, speak to friends – like to play board games

What does the term mental health and wellbeing mean to you?

- Feeling happy or sad
- Keeping you happy
- Making us feel green
- Things to make you feel better
- Feeling okay from something that has caused upset

You know how it is important to keep your body fit and healthy by exercising and eating healthy, how do we keep our minds healthy?

- Gym – exercise
- Chess
- Dancing

- Sport
- Be open and honest about your feelings
- Doing thing we enjoy
- Learning
- Eating
- Right amount of sleep
- Positive thinking

What could school do to support your mental health and well-being?

- Writing books
- Reading books
- More games at breaktime
- Peaceful space
- More Bella!

Any other business:

- A new mini bus
- On-suite rooms in residential
- Planting/gardening group to look after the reading garden
- More helmets and pads for biking
- Hair drier in changing rooms
- Bring a teddy to school day
- A juice machine
- More helping out from the older ones to the younger ones
- Update the boys toilets - boys picked the flooring they would like alongside Mrs McConnell