

## **Parents Forum**

**The March C of E School – 22<sup>nd</sup> March 2017**

### **Topic – Healthy Lifestyle**

#### **Attendees**

Chair – Mr Jackson (Deputy Head)

Governor Attendee – Stella Aldred, Nicola Smallwood

Further Attendees – Parents

Minutes – Stella Aldred

#### **Follow up to previous meeting**

Clarification of homework expectations were outlined by Mrs Metcalfe and Mr Jackson in the previous meeting. Some changes have been noted already in some year groups. With reduced number of tasks in topic homework expected. Maths and spellings remaining the same each week- more details to follow before the end of term

#### **Todays Forum – How can we develop healthy lifestyles for our children?**

Mr Jackson led today's discussion, and started by explaining how the school had approached 'Bellway' Housing to see if they would lay a tarmac path around the perimeter of the school field. This would allow the children access to a greater area in all weathers.

- **Physical Fitness/Health**

*Wellies* through the winter have been used in the past to increase the children's physical activity during wet weather. This has successfully been used in lower school years but provision for storage for all these willies need to be looked into. Parents suggested the making of basic wooden wellie stands by volunteers to keep the costs down. There would be no room in corridors, but all classrooms have access to outdoor, covered areas where boots can be stored. This will be looked at again in the Autumn term

*School Clubs* are a great source of sporting activities, either before or after school. Pompey Football coaching, Judo, Street Dance, Get Kinnected, Sama Karate, Tag Rugby. It was felt by parents that The March has a good variety of clubs. But, it was suggested that Tag Rugby could be opened up to lower key stage children. Parents keen to see the re establishment of a running club. Some parents felt their children were too tired after a full school day, and particularly early waking children would benefit from physical exercise/clubs before the school day starts.

*PE Curriculum* provides a good variety of sports. Parents believe that the school will benefit greatly from having Mrs. Bird, a qualified PE teacher, as part of the school staff.

- Hollistic approach to being healthy

*Nutritional Education* – It would be good to utilize connections with the qualified Nutritionist (parent in yr2) to help educate the children by way off ½ day workshops. In addition to what is taught in Science, or health related topics. Further promoting balanced diets, and especially looking at sugar content in foods and drinks.

*Hydration* – was something that parents felt their children may need some clarification. When could children drink their bottles during class? Would be helpful for teachers to push fluid intake during the school day. Some children and parents not knowing exactly how much fluid a child should drink each day.

*Oral Health* – with children's teeth decay being in the news recently, and the huge increase in young children undergoing surgery to have teeth removed it is important to cover this topic. A parent, whose children attend the resident dentist in Sainsbury, thought he could be approached to come into school and talk to the children.

*Skeletal/muscular health* – help the children think about postural alignment. Sitting correctly, carrying heavy school bags safely. The importance of stretching, warming up & cooling down muscles.

*Sleep*- Talking about bedtime routines, limiting electronic devices before bed and looking at age related recommended hours of sleep. Maybe useful for children to keep a sleep log.

*Relaxation*- yr3 found Yoga sessions really enjoyable with Mrs Boden. Be good for all years to have experience of short sessions of relaxation. Sessions of music, breathing techniques, mindfulness, yoga could help children understand the importance of keeping their minds healthy, and dealing with stresses.

*Healthy snacks* – A parent said at her school 'rolling snacks' are successful. Helping those children who benefit from 'grazing' little and often through the day.

*Vegetable garden* – A parent suggested a vegetable garden for helping children see the growing of vegetables, handling, preparing, cooking and eating vegetables produced. This links well with 'Field to Fork' topics. Could the use of cookery with the children be explored further on the school premises?

- Sun Safety

*Sun hats & suncream* - Regular reminders to parents to provide named sun hats and sun cream that a child can apply themselves. Please could the teachers reinforce the use of them at every playtime during summer months.

*Outside shade*- It could be worth approaching The Friends to help with financial contribution towards sail cloths, or similar, if this was thought to be useful to

provide more shade from the sun during outdoor sessions and break times. We all know how hot it can be during sports days and summer fayres!!

**Date of Next Meeting :**Weds 10<sup>th</sup> May 2pm

**Topic of Next Meeting :**Changes to Maths