

SCHOOL PARLIAMENT'S PRESENTATION TO GOVERNORS ON CHILDREN'S MENTAL HEALTH.

By Kyra and Kornelia





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"Where young minds grow and young hearts learn to care"



School Parliament Questions for meeting Wednesday 17th October

1. What makes you stressed, worried or upset at school?

(try and list down around 3 things that children have in common / the most votes)

- Playtimes?
- Eating lunch?
- Tests?
- Putting things in Lockers?
- Collective Worship / Celebration Assembly?
- Specific lesson?

- Tests
- Lockers - not big enough / too busy
- Not listening - when teacher / children are talking + helping

2. What makes you stressed, worried or upset at home?

(try and list down around 3 things that children have in common / the most votes)

- Parents arguing?
- Brothers / sisters?
- TV / phones / ipad?
- Mornings?
- Bedtime?
- Dinner time?

- Parents arguing
- clean up after brother or sister
- Mornings - getting out of bed!
- mum / dad / brother / sister arguing / annoying

3. How does the school help you de-stress or not to worry?

(try and list down around 3 things that children have in common / the most votes)

- Worry monsters?
- GM days?
- Friendly staff?
- Feel able to talk to a range of adults?

- Yoga / breathing exercises
- Maths
- Reading quietly

4. What could the school do more to help you not get stressed, upset or worry?

(try and list down around 3 things that children have in common / the most votes)

- more art in topic
- Climbing wall again
- Less fighting in playground

What makes you stressed, worried or upset at school?

- 7 classes said 'lockers'
- 5 classes said 'lunchtimes'
- 4 classes said 'tests'

What makes you stressed, worried or upset at home?

- 8 classes said 'brother/sister'
- 6 classes said 'mornings'
- 5 classes said 'parents arguing'

How does the school help you **de-**stress or not to worry?

- 6 classes said they feel able to 'talk to adults and adults are friendly '
- 5 classes said 'worry monsters'
- 3 classes said 'Growth Mindset Days'

What could the school do more to help you not get stressed, upset or worry?

- 5 classes said 'Yoga'
- 3 classes said 'Art'
- 2 classes said 'relaxing music in class'

What could your parents do more to help you not get stressed or worry?

- 4 classes said 'less arguing with siblings'
- 4 classes said 'spend more time with family'
- 4 classes said 'less arguing with parents'

Do our Growth Mindset days
have an impact on you not
worrying/or stressing to much?

YES = 130 children

NO=26

MAYBE = 42



THANK YOU FOR LISTENING

IT WAS A PLEASURE TO BE
HERE AND PRESENT THIS