



School Parliament Questions for meeting Wednesday 17th October

1. What makes you stressed, worried or upset at school?
 - *Lockers*
 - *Lunchtimes in the dining hall*
 - *Tests*

2. What makes you stressed, worried or upset at home?
 - *Brothers / sisters*
 - *Mornings*
 - *Parents arguing*

3. How does the school help you **de**-stress or not to worry?
 - *We feel able to talk to a range of adults*
 - *Growth Mindset days (e.g. Climbing wall)*
 - *Worry monsters (puppets to put written worries in class)*

4. What could the school do more to help you not get stressed, upset or worry?
 - *Yoga*
 - *Art*
 - *Relaxing music while working*

5. What could your parents do more to help you not get stressed or worry?
 - *Less arguing with brother / sister*
 - *Parents being on their mobile phone less*
 - *Stop parents arguing or shouting*

6. Do you think our Climbing Wall day will have an impact on you not worrying or stressing so much?

Yes – 120 children

Maybe – 26 children

No – 40 children