

**School Council Minutes 2018-2019**

**Date:** 08/02/19

**Present:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Rowan | Willow | Olive | Cedar | Walnut | Sycamore |
| Hawthorn | Hazel | Holly | Poplar | Chestnut | Maple |
| Laurel |  |  |  |  |  |

**Year One and Two School Councillors invited to attend? YES / NO**

**Absences:**

|  |  |  |
| --- | --- | --- |
| **Apologies from:** | **Reason for Absence** | **Follow up needed?** |
| willow | trip | no |

|  |
| --- |
| **Follow up from previous week absences:** |
|  |

|  |
| --- |
| **Great Practice Class** |
|  |

**Agenda: Children’s Mental Health Week**

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| --- | --- | --- | --- |
|  | **Item** | **Discussion** | **Action** |
| 1 | **Matters arising** |  |  |
| 2 | **What does being healthy mean?** | Being healthy is being fit physically.  Eating a balanced diet.  Ensuring you eat the recommended amount of fruit and vegetables.  Being healthy means being happy.  Being healthy is when you are able to carry out everyday demands of life. |  |
| 3 | **How are our bodies and minds connected?** | Without our mind, our body would not be able to work.  If we feel positive on the inside, then we are more likely to look after our bodies on the outside.  If we are having a good day and feel good about ourselves then we will feel better about doing our learning.  If we are experiencing negative thoughts and feelings then we might not do our work to the best of our ability.  We also might not want to join in with our friends and play playground games. |  |
| 4 | **How can we be healthy: inside and out?** | Take part in mindfulness activities daily.  We could mediate for 5 minutes every day.  Getting enough sleep every night.  Reading our home reader before going to sleep.  Drinking water instead of fizzy drinks.  Making sure we eat a balanced diet.  Practising and carrying out acts of kindness  Making sure we use our problem and praise boxes to say positive things about our friends and other children in our class. |  |
|  | **AOB** |  |  |
|  | **Next agenda** | Playtimes |  |