



Report of the Primary Parliament 2016

Pupil Parliaments have been held every academic year in Bath & North East Somerset since 2013. The B&NES Primary Parliament took place at Somerdale Conference Centre on Wednesday June 15th 2016. The theme for the day was 'FREE 2 BE ME'. There were 98 children in attendance from 29 different Primary Schools, including two special schools. In addition there accompanying staff, workshop facilitators and guests, in attendance including the Chairman of the Council, Cllr Alan Hale and Cllr Emma Dixon, Cllr Charles Gerrish, Cllr Michael Evans and the Chair of the Local Safeguarding Children Board, Reg Pengelly.

A series of workshops gave both KS1 and KS2 pupils the opportunity to explore how accepting and celebrating each other's differences, getting the right help for yourself if you were feeling worried and the way that different environments impact on your learning, could all have positive benefits to your mental health.

The event was organised by B&NES staff, and external facilitators in collaboration with St Keyna Primary School's e-team, who did an excellent job of MC-ing on stage.

Introductory Speeches

St Keyna pupils welcomed everyone and introduced the Key Note Speaker Jasmin Miller, the Deputy Member of the Youth Parliament. In her speech,

Jasmin focused on the importance of positive mental health and wellbeing emphasising the fact that no-one should feel embarrassed about asking for help if they have a problem. Jasmin explained that it was part of her role to listen to the views of children there and make sure that the council act on their feedback and ideas. She gave feedback on how the Local Authority had taken action from children's views from Primary Parliament Day 2016. She pledged to come back to Primary Parliament Day in 2017 to feedback the actions the L.A had delivered as a result of this year's event. She also encouraged everyone to take part in a positive activity such as sport or something creative. The speech was very accessible to the audience and was well received.

Welton Primary School then gave a presentation on their e-cadet team and how their work in school has led to less worries being posted in their e-box and information being sent out to parents on e-safety.

St Keyna then showed a short film which took us down 'E-Quality Street'. Here we saw the different ways that everyone at the school was included from the start of the day at their breakfast club through lunchtimes at the Moonstone Club and by allowing pupils to talk through any issues in a 1-1 sessions with an adult, as part of Place 2 Talk. They also showed their #BEYOURSELFIE wall!

Workshops

There were 4 workshops, facilitated by St Keyna, School Improvement Team, an outdoor learning facilitator, commissioners from the Local Authority and a facilitator from CAMHS.

The workshops were:

KS1 Workshop 'How can your school help celebrate what makes you proud to be you?' - led by Alice McColl and Becky Proctor

KS2 Workshop A: 'How can the school help you look after your whole self' - led by Judy Allies and Kate Murphy

KS2 Workshop B: 'Free 2 B Me' - led by Adrienne Hughes and Megan Morris

KS2 Workshop C: 'Inside/Out' - led by Tania Orgill - Playwood Forest School

During these workshops there was lots of discussion and exploration of the importance of mental health and wellbeing and how things people say and do can impact on us and make us feel less good about ourselves. Much of the content of the workshops was about what we can all do to try and address this by looking for extra support when we need it, ways we can help ourselves to feel good by undertaking positive activities such as sport or being creative and being more aware of how everyone around us is feeling.

KS1 Workshop 'Proud to be me' - led by Alice McColl and Becky Proctor

The KS1 pupils worked really hard in the morning on their theme 'How can your school help celebrate what makes you proud to be you?'

They used their ideas to develop a 'Feeling School' at which a whole range of different things happen to make sure pupils feel valued and Proud to be Themselves including;

Buddy Benches, special assemblies and badges, teachers who listen, good playtimes and playgrounds, fun,

Through storytelling and games they all came up with their individual 'Photo Frame' which showed us who they were, and what made them happy. They shared these with each other and with Chairman Cllr Alan Hale who visited this workshop before lunchtime and talked to each child about their own photo frame and gave a short thank you to the whole group.



Alice McColl Strategic Commissioning Officer, Chairman of the Council Alan Hale and children from the KS1 workshop

Lunchtime

This was a great opportunity not only for some fabulous food, but for the children and some of the adults to get involved in an optional outdoor activity with Bath Rugby Foundation. This was very well received, with most of the children joining in some team games and physical activities in the spacious grounds of the conference centre. (Thankfully the rain held off!)

Presentations

Following workshop discussion planning and preparation in the morning, students presented their recommendations and action points in the afternoon to the attendees.

Workshop A. How can the school help you look after your whole self?

Led by Judy Allies and Kate Murphy

Through role play and a rap tune this group explained what they had been discussing in their workshop. They came up with different ideas about supporting mental health and well-being in school split into 3 different areas:

- What adults in school can do to help (take time to listen to the children and try to help, deliver PSHE lessons that will help children understand mental health, give good advice and listen to their opinions)
- What children can do to help each other (offer support to their friends; have a quiet space to go to talk and play together; Tell a teacher if they are worried about a friend, give encouragement to each other and have some fun together)
- What children can do to help themselves. (Have a chance to let it out; write down their worries; talk to friends and relatives, be positive, do something they like doing, try to relax, get lots of sleep, ring ChildLine)

Workshop B. Free 2 B Me - Led by Adrienne Hughes and Megan Morris

There was a BEE theme to this presentation and it was buzzing with ideas,

1. Right to be included

Together
Everyone
Achieves
More

Feel proud of yourself, feel included, avoid excluding other children, always try and be a TEAM.

2. Right not to be bullied

'Try not to be bullied and stick together'.

Being bullied can make you feel sad, anxious and distraught.

When you are not being bullied, you feel happy.

Schools should have e-teams to help prevent bullying.

3. How it feels to be noticed and not noticed.

When you are noticed, you feel: happy, stronger, included and great.

When you are not noticed, you feel: sad and distraught.

Examples given of things that might help , including playground leaders and clubs to help. Everyone noticing each other more.

4. Bee Safe

What makes you feel unsafe?

Peer pressure
Bullying
Fake IDs

How to prevent this?

Assemblies
Talking
Clubs to help you feel safe

5. Right to be treated equally

How does it feel when you are not treated equally?

Not chosen to do things?

Why can't my year have a go?

When you are not chosen for the school play?

You feel – miserable, lonely, left out, heartbroken, small and hurt.

In a school where you are treated equally, you feel:

Loved and included
Relieved and listened to
Fair and included
Relaxed and involved

'Remember to Bee Happy'.

Workshop C. Inside/Out - Led by Tania Orgill - Playwood Forest School

This group presented the contrasts they had explored in their work between indoor and outdoor environments and what impact each has on their learning and feelings of wellbeing. They showed collages they had made in an indoor setting using given resources and collages they had made outdoors using natural found objects, plants, flowers and grasses. The group gave insightful

comments about how different they felt when working outside and when given choices about what they were asked to do.

Inside lesson

They made mosaics from card / typical classroom resources.

Whilst inside, they felt relaxed, happy, absorbed, calm, and could concentrate but also enclosed and lazy.

Outside lesson

This lesson took place under the big Cedar tree. The children were allowed freedom to go anywhere. They said they had unlimited natural resources and were able to meet others.

'It was easier being me outside'.

'It felt free, good, relaxed, alive and atmospheric. Enjoyed seeing the bugs!

Next Steps -Taking action points back to schools / settings

This report will be presented to Policy, Development and Scrutiny Panel, Schools Forum and will be circulated to all headteachers with accompanying information on how to set up e-team within schools.

Closing Words

The Chair of the Council gave a short speech following the presentations, as did Mike Bowden who also thanked all who had attended but especially St Keyna for their excellent hosting, Jasmin Miller for her insightful key note speech and Welton for their E-cadet presentation. Mike also said that it is really important to try and plan services that get things right for children and young people and how important it was to hear their opinions first hand. He valued the really important messages from the presentations.

The closing speech and final thanks were given by pupils from St Keyna.

Everyone had a great time and came away with a greater understanding of the importance of positive mental health and wellbeing for life. All pupils were also given a Bumble Bee to take home, with the message 'Free 2 be Me' written on it.

" He's been buzzing with telling me everything he's done - making friends, the rugby club activity and has just told me how proud he is of himself for performing the rap because "it's something I didn't think I could ever do in front of people but I did." 😊 (Parent of a child who attended)