

Our Parents and carers

How do we support our parent's and carer's wellbeing?

Areas	Strategies
Parent Champions	<ul style="list-style-type: none"> • Parent Champions wellbeing team established and supported to offer regular events • Coffee mornings for new parents in September and throughout the year • Monthly Parent 'get together' including: coffee mornings, workshops and guest speakers. • Parent Champions currently in the process of undergoing mental health ambassador training to enable us to provide 'parent supporting parent groups'.
Involvement within their child's educational journey	<ul style="list-style-type: none"> • Termly ½ hour curriculum consultation meetings across the year between teacher and parents • Individual pupil- family support • Access to support provided by the outreach team to support pupil behaviour/communication at home. • Parents with children who are receiving involvement from the MHWB+ team will meet with member of the MHWB+ team to ensure they are involved and are able to use the same approaches and strategies at home with their child. Inviting parents to Christmas and summer concerts and theme week celebrations. • Parent access on E4L assessment app • Class Dojo contact with parents
Family MHWB Support	<ul style="list-style-type: none"> ▪ Rolling programme of parental workshops focusing on MH+WB, positive behaviour support, SALT and OT ▪ Family support team ▪ MHWB focused workshops on how to look after parents MHWB. ▪ Core team meetings with the MDT ▪ MHWB focused workshops on how to look after our children's MH+WB. ▪ Parental education on child and family mental health ▪ Culture of no blame and stigma for mental health needs of school community • Dysart's MHWB strategy • Annual awards ceremony and whole school celebration BBQ • Sibling club • Holiday clubs
Communication with our families	<ul style="list-style-type: none"> • Monthly newsletter including MHWB section • Regular updates on school Instagram account. ▪ Seeking help and support info leaflet for parents ▪ Open door policy for parents to come and talk to SLT and class teachers as and when they need us ▪ Parent wellbeing policy ▪ Home/ school contact books communicate to parents and carers about their child's day ▪ Parent access on E4L assessment app