

Balmalloch Primary School and Nursery Class



Parent Council Meeting

Date: 05.11.24

Time: 6-7pm (in school)

A PLACE OF ENTHUSIASTIC LEARNING AND ACHIEVEMENT

ResponsiBility

grAitude

BELIEVE IN YOURSELF

huMility and forgiveness

perseverAnce

Love

ACHIEVE YOUR GOALS

hOnesty and generosity

Compassion and respeCt

friendsHiP

COST OF LIVING:

NLC webpage for information and signposting to benefits and supporting agencies.

https://www.northlanarkshire.gov.uk/benefits-and-money/cost-living?utm_source=hootsuite&utm_medium=&utm_term=&utm_content=&utm_campaign=Talk+Money+Week+2022

FINANCIAL SUPPORT:

[Financial support for families with children at school \(northlanarkshire.gov.uk\)](https://www.northlanarkshire.gov.uk/financial-support-for-families-with-children-at-school)

PARENT COUNCIL MEETINGS

03.09.24

05.11.24

04.02.25

13.05.25

AGENDA

- Elect Parent Council Chairperson & Secretary
- Constitution
- Members
- Healthy Hydration
- Homework
- Reading Books

VALUE OF THE MONTH

August - Friendship

September - Gratitude

October - Honesty

November - Respect

December - Family

Self-Help for Parents/Carers

www.solihullparenting.com – free online course 'understanding my child'

www.opfs.org.uk – support and advice for single parents

www.relationships-scotland.org.uk – advice and resources for parenting apart

www.sleepscotland.org – help with children's sleep issues

www.sdsscotland.org.uk – guidance on your child's health and education

www.enquire.org.uk – advice for parents about additional support for learning

www.youngminds.org.uk – mental health charity for children, young people and their parents

www.familiesoutside.org.uk – support to families affected by imprisonment

www.sfad.org.uk – Scottish Families Affected by Alcohol and Drugs

Healthy Hydration

North Lanarkshire Council - Diet and Nutrition Policy:

https://www.northlanarkshire.gov.uk/sites/default/files/2023-05/CC_2022_00435%20diet%20and%20nutrition%20policy%20%28ACCESSIBLE%29%20%282%29.pdf

As a Health Promoting School, we act on guidance from our local authority, supported by the British Nutrition Foundation and Kidney Kids Scotland.

Fluid

Adequate fluid intake is essential for health. Insufficient fluid intake can lead to dehydration, causing thirst, headaches, confusion, irritability and lack of concentration. An adequate fluid intake can also assist in preventing constipation. Although lost through breath and body sweat, additional fluid losses can occur when levels of physical activity are increased and/or temperatures rise. It is important that these fluids are replaced.

It is recommended that adults drink around 2 litres of fluid per day (approximately 6-8 glasses). The amount of fluid children need depends on age as well as physical activity and weather - but around six to eight cups (Under 5 years 120-150ml cup and 6 years and above 250-300ml cup) is the ideal amount per day. Water, lower fat milk and sugar-free drinks, all count towards fluid intake. Fruit juice and smoothies also count towards your fluid consumption, but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml a day.

Eat well Guide

In the recently published *A healthier future: Scotland's diet and healthy weight delivery plan*, the Scottish Government recognised that consumption of energy drinks was a significant concern to parents, teachers and young people. These concerns go beyond the high sugar content that most of these drinks have: teachers report issues with behaviour and children in the UK consume more of these products than children in other European countries. This is why Scottish Government committed to consulting on restricting the sale of energy drinks to young people under the age of 16. Fizzy drinks, squashes and juice drinks can contain lots of added sugar and very few nutrients, so keep them to a minimum. Children should avoid them completely.

The United Nations Convention on the Rights of the Child (UNCRC) is a legally-binding international agreement setting out the civil, political, economic, social and cultural rights of every child, regardless of their race, religion or abilities. More specifically Article 24 mentions that every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.

At this present moment in time school represents one of the best opportunities to educate children in healthy lifestyles and change behaviour in a positive, meaningful way.

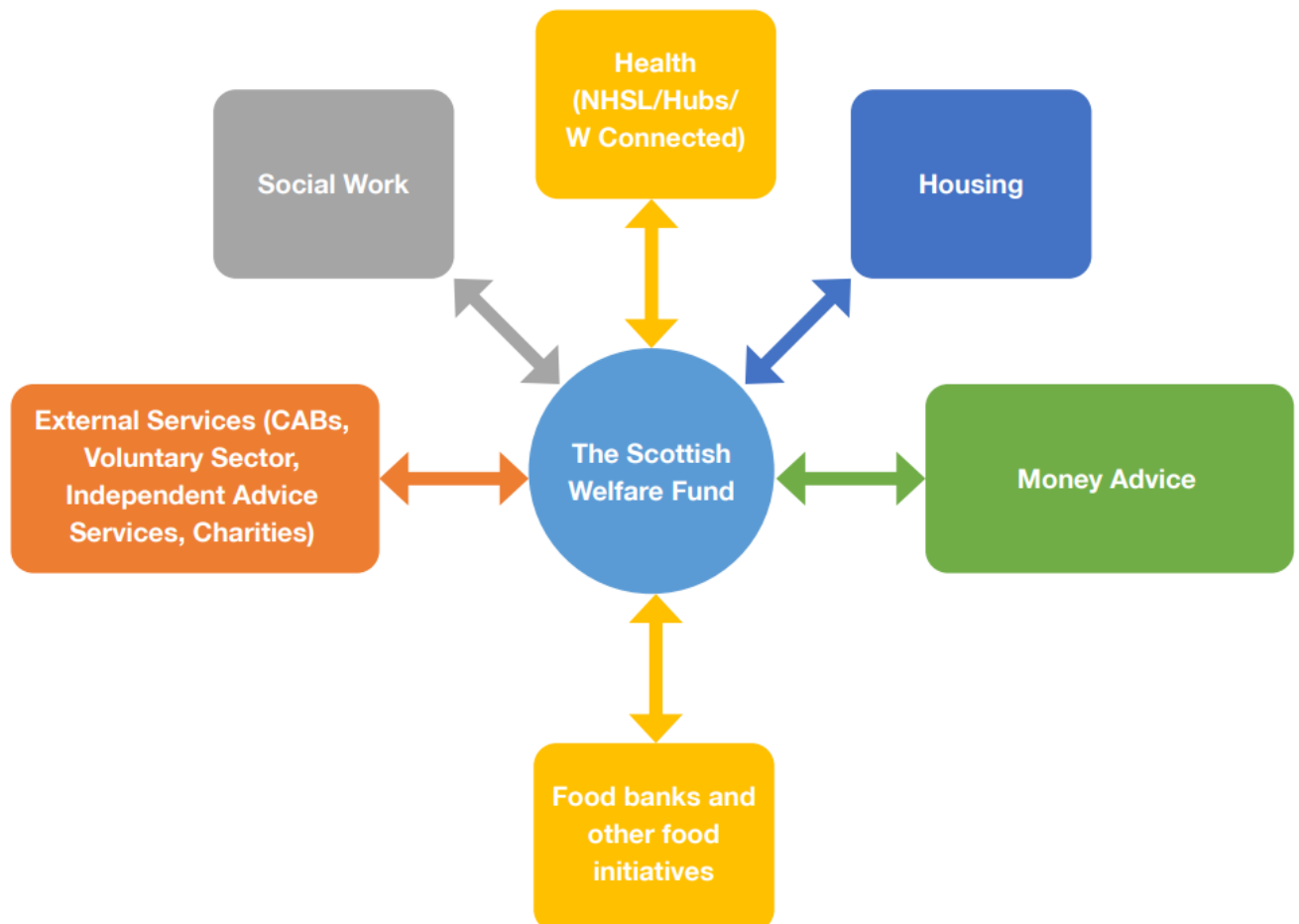
Drinks

- Plain water (still or sparkling)
- Skimmed or semi-skimmed milk
- Pure fruit juices
- Lower fat yoghurt and milk drinks (with less than 10g sugar per 100ml)
- Still or carbonated soft drinks with less than 0.5 grams of sugar per 100ml (e.g. sugar-free flavoured water, sugar-free fruit juice drinks, and diet, carbonated drinks)
- Herbal/fruit tea
- Tea and coffee (decaffeinated is preferable)
- Combinations of the above Any soft drink (still or carbonated) containing more than 0.5 grams of sugar per 100ml should be kept to a minimum and should only form a maximum of 50% of all drinks vending provision.

The Council will:

Provide healthier snacks and drinks to young people and discourage over-consumption of sugary, carbonated drinks, crisps and confectionery.

Support for Families:



Consultation with Families

It is important that moving forward we maintain a consistent expectation and approach with all stakeholders invested in supporting this. Points for discussion:

- Children will either have breakfast and a drink at home before school or attend Breakfast Club.
- Only water is permitted 'in' class during learning time. Children are in class from 9-10.30am and then have a break, where they can access snack and drinks their families have provided for them. No 'fizzy' juice is permitted at any time. Children return to class from 10.45am to 12.15pm, at which time they have access to school lunch or packed lunch provided by their family. At 1pm children return to class until 3pm. Children have access to the water fountain in school over the course of the school day.
- Water can be flavoured with natural ingredients (e.g.) slice of fresh fruit.
- Sizes of bottles are becoming a health and safety issue. Bottles can be too wide for small hands, which can result in accidents including spillages. Narrow necked bottles and tall bottles are too difficult to fill at the water fountain and can again cause spillages, impacting on health and safety.

We encourage our children to take responsibility in making healthy choices and being positive role models for others..

Homework

Taking 45 minutes to 1 hour prepare for the month. 6 hours for the year have been allocated in the Working Time Agreement which will need to be reviewed. We have had positive feedback from families regarding the new homework overview and will seek written feedback at the end of the term from families and staff.

Reading Books

Approximately 2 years ago reading was on our School Improvement Plan and as such, we invested a large amount of our budget to buy new books to teach reading. We consulted pupils and chose titles children would be interested in. Unfortunately, books are being returned damaged or not returned which is impacting on learners. Teachers wishing to access a specific title have to change their planning as there are not enough books for all children to use within a group. We cannot invest more money into reading books at this time, as writing and numeracy and maths are on our improvement priorities this session.

To ensure books are looked after responsibly, these will be numbered and the number allocated to the child on the register. If books are returned damaged or not returned, we will have no option but to charge the 'cost' amount to the family. No book can be sent home until any outstanding monies are retrieved, allowing new books to be purchased for learners.

Tackling Poverty Group - P4 to P7

Fiona Corbet - Welfare Rights Officer - visited our school to seek the views of children. 4 pupils from P4a to P7 were selected to participate in the group. The views of the children will be reviewed with responses from other schools across North Lanarkshire to ensure children's voices are heard and make a difference in their communities.

Participatory Budget Group

This group would involve a small group of parents, pupils and staff and they would have responsibility for a budget, making decisions on how best to spend this to support our learners. It will help:

- * Encourage pupils to become more confident as active citizens.
- * Strengthen school culture and community involvement.
- * Improve attainment.
- * Develop life skills.
- * Address inequalities by directly involving learners and their families in the decisions that affect them
- * Promote democracy by encouraging democratic participation at local and national level.

Staff: Gayle Fowler - Lead Practitioner - Nursery
 Marie Mallon - Dining Hall Assistant - Single Status
 Holly McDonnell - Class Teacher

Parents: Anne Hendry - Nursery
 Jennifer Molloy - School
 Cassie Hallahan - School

Pupils: To be confirmed

Day: Friday

Time: 1:30pm

Dates: 29.11.24
 31.01.25
 28.03.25
 30.05.25

Budget: £600.00 (School) £300 (Nursery)

Parent Council Constitution

At the AGM the Constitution should be reviewed.

The objectives of the Parent Council are to:

- Work in partnership with the school to create a welcoming school where all parents and pupils feel included.
- Promote partnership between the school, all its pupils and all its parents.
- To develop and participate in activities which support the education and welfare of the pupils.
- To identify and represent the views of the parents on the education provided by the school and any other matters affecting the education and welfare of pupils.

Action from Previous Meeting

Appoint a new Chairperson and Secretary

10 Members

The Parent Council will be made up of a minimum of 3 and a maximum of 10 current parents.

Each parent will be selected for a period of 1 year but they may put themselves forward for re-selection if desired.

NAME	POSTION ON COUNCIL
Stewart Derrick (P)	Chair
Laura Young (P)	Secretary
Carolann McLuckie (P)	Secretary
Alison Breigan (P)	Secretary
Eric Finney (P)	Secretary
Jennifer Molloy (P)	Secretary
Nicola Breen Patrick (P)	Secretary
Carrie Strachan (P)	Secretary
Rhona Brown (P)	Secretary
Alissa Kaufmann (P)	Secretary

Accountability

The Parent Council is accountable to the Parent Forum and will provide a yearly report on its activities on behalf of the parents.

Meetings

Minutes of all meetings will be taken by the secretary and **shared with the school one week after the meeting**. The minutes will be uploaded on the school website and will be shared with North Lanarkshire Council, a requirement of the Local Authority.

Connect

Is the Parent Council registered with Connect?

Annual Improvement Plan - Update

We have reduced the number of priorities we are focusing on this session through our rigorous self-evaluation for self-improvement evaluations. Our priorities for school and nursery will be as follows:

Improvement Plan Summary	
Cluster Priority 1:	By the end of session 2025 All schools will have implemented the new NLC Attendance Policy and almost all schools will have increased the attendance of the pupils sitting in the 60-80% bracket thus improving pupil attendance overall.
Cluster Priority 2:	By the end of session 2024/25, all school staff will have an increased knowledge of their corporate parenting responsibilities and almost all schools will have achieved the national Keeping the Promise Award (We Promise level) having a positive impact on GIRFEC Planning.
School Priority 1:	By May 2025, improve attainment in writing for all learners, by developing a shared understanding of standards and highly effective learning and teaching approaches.
School Priority 2:	By May 2025, improve attainment in Numeracy for all learners by developing a shared understanding of standards and implementing a consistent approach to teaching numeracy with a focus on mental agility.
Nursery Class Priority:	To develop staff capacity to provide high-quality, inclusive learning experiences, strengthening parental involvement at the pre-school stage, impacting on attendance and engagement.

Miss McCarthy
Head Teacher

