



Parents Support Group 14/02/2017 Synopsis.

Sleep and health promotion

- 3 parents attended the session.
- 3 governors.
- 2 school nurses and family support worker linked to school nursing service.
- Analysis from 7 feedback questionnaires completed are as follows;

Did you find the session useful?

- All 7 stated they found the session useful and made the following comments;
- All speakers were very interesting and provided some very useful information to the parent's /carers present.
- Very well presented, attended by all governors.
- Well presented, with good information.
- Plenty of details and well organised.
- Very informative.
- Sleeping, what to do and try.

What aspects of the session did you find useful?

- Food and drinks with sugar and fibre.
- Sleep difficulties.
- Advice on sleep and hidden sugars.
- New skills for me delivering information.
- Information sheets, examples of good practice.
- All information has been greatly received.
- The provision of suitable paperwork to take away to reinforce the messages given.

Will you attend further parenting support groups?

- Yes. Hearing of different ways to help children's health and well-being.
- Love networking with parents/carers and school.

Was the time convenient to you?

- All in attendance indicated the time was convenient.
- Mornings are better for me.
- Mornings are always convenient for us.

Any Other Comments

- Well enjoyed and learning how to implement findings and how we can help our children.
- A big thank you to all concerned.
- Support groups invaluable.
- Great way to promote our service.
- A very good session – plenty of contributions from parents and presenters.
- Good informal approach to the subject.
- All concerned did a great presentation.
- The information sheets are great to have for future reference, to be able to go to.
- Although it was disappointing that so few parents attended, I am aware that every effort has been made to inform them and many more had expressed an intention to come.
- Thank you very much to all the presenters and to Jackie for their efforts!

Miss Exelby

Senior Learning Mentor.