

School Council Meeting Minutes

Date: 6.3.24

Present: JS, ST, AK, KB, EB, EC, OM, JH, RS, SJ, EU, AOA, KC, Mrs Savill, Miss Evans

We began by recapping what emotional health and wellbeing is and where this fits into our curriculum. We talked about the fact that breaktime is the time of the day that some children find tricky. We were reminded of using "Stop, I don't like that" if someone is saying or doing something we do not like at breaktime. We understood that we need to continue to encourage other children to use this.

Mrs Savill talked to the us about her course on Cognitive Behaviour Therapy (CBT). We learnt that this strategy is made up of three parts: our thoughts, feelings and behaviour. If we change our thinking, our feelings can change which allows our behaviour to change. We talked about starting a club to help children who find breaktimes tricky where we would use CBT strategies.

We worked on an activity which involved sorting a set of cards into thoughts, feelings and behaviour. We then had a go at linking some together, e.g.

Thought = 'Life is unfair' Feeling = Angry Behaviour = Hit someone

Next, we did an activity based on the circle of our thoughts. We worked individually to come up with our own 'happy cycle' and 'unhappy cycle' focusing on thoughts, feelings and behaviours. We then came back together to share some of these.

To finish, we talked about 'cognitive distractions': an activity we might do to take our attention away from our negative thoughts and discussed what we will be doing in our next session.