



Astrea Academy Trust  
INSPIRING BEYOND MEASURE



# Parent/Carer Advisory Council

11.07.24

# Welcome

1. Feedback: Timings of the School Day – student voice (Dr C Cusick)
2. Vision for the Sixth Form (Mr Robertson)
3. Mental Health & Wellbeing (Dr C Cusick)
4. Future Meeting Dates (Dr C Cusick)

# Feedback on School Day

## Positives:

- Liked that year 10 have intervention
- KS4 liked 5, then reading after lunch because with P6 this was more manageable
- Reading then home is good.
- It will help break up the day nicely.
- Length of reading – easier to concentrate
- Shorter end of day makes it feel easier.


## Concerns:

- Some wondered if lunch might be too late for KS4
- P4, P5 then reading feels too long
- Lunch might be too soon after break for some
- Not good for KS3.

## Thoughts:

Would like a trial to allow feedback

# Vision for the Sixth Form

1. Excellent **Academic Outcomes**
  2. Developing **Life-long Learners**
  3. Effective **Pastoral Support**
  4. Diverse **Enrichment** Opportunities
  5. High-quality **Personal Development**
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# Challenges for the Sixth Form

- Desire for **something new**
- **Better/newer facilities** at other schools
- **Limited offer** compared to FE colleges








# Feedback



- What are you looking for as parents/carers for the Sixth Form?
- What else could we add to the Sixth Form offer?
- What ways could we get the wider community involved in the Sixth Form?

# Mental Health & Wellbeing 2023

- Staff trained as Mental Health First Aiders
- PD has a mental health strand
- Assemblies for mental health in Oct & May
- Mental Health Workshop: Parents/Carers

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7 	<u>Staying Safe and Managing Change</u> Transition to secondary school, managing emotions and personal safety in and outside school.	<u>Health and Puberty</u> Healthy and unhealthy lifestyles, vaping, smoking, healthy routines, hygiene, puberty, unwanted contact and FGM.
8 	<u>Drugs and Alcohol</u> Vaping, smoking, energy drinks, caffeine, alcohol, counter/ prescription drugs and county lines.	<u>Emotional and Physical Health</u> Mental health, healthy and unhealthy coping strategies, digital resilience and body image.
9 	<u>Peer influence, substance use and gangs</u> Healthy and unhealthy friendships, risky behaviours (ASB), substance misuse and gang exploitation.	<u>Respectful Relationships</u> Different families, positive relationships, parenting, conflict resolution and relationship changes.
10 	<u>Mental Health</u> Looking after your wellbeing, impact of drugs and alcohol, managing pressure and benefits of sleep.	<u>Securing a job</u> Applying for a job, interview techniques, action planning for the future.
11 	<u>Building for the future</u> Self-efficacy, stress management, mental health and future opportunities.	<u>Post 16 Transitions</u> Writing CVs, different types of employment and apprenticeships.

# Mental Health & Wellbeing Plans 24-25

- Increase profile of Cara Isaac DSL as Mental Health Lead
- Wellbeing Club at lunch time
- Wellbeing ambassadors & Peer Mentors
- World Mental Health Day 10<sup>th</sup> Oct 2024
- Mental Health Awareness Week 10-16 May 2025
- Signposting information
- Staff Training





# Proposed Future Meeting Dates & Agenda Items

- Thursday 03 October 2024
- Thursday 28 November 2024
- Thursday 30 January 2025
- Thursday 20 March 2025
- Thursday 15 May 2025
- Thursday 26 June 2025

**All items for agenda 10 working days in advance**

