

ROCKMOUNT PCF MEETING – 13 MARCH 2026

Attendees (those present highlighted):

Staff / Guests	Helen Carvall (Head), Amber Pearless (Deputy Head) Tony (Runs Pabulum – school catering service)		
Nursery Silver	Lee Fieldwick, Ali Seal		
Reception Jade	Diana Carberry, Sainab Jamal	Reception Diamond	Moveta Douglas, Christos Pistolas
Year 1 Garnet	Aarti Gandesha, Sophie Matthews	Year 1 Emerald	Carolina Valsecchi, Alex Mellor
Year 2 Onyx	Rachele Rapisardi, Katie Exton	Year 2 Zircon	Kate Cogan, Ros Croker-Ahmed
Year 3 Topaz	Olivia Jackson (Parent Governor), Rob Phillips	Year 3 Opal	Clare Galloway (RFC), Caroline Parker-Sparks
Year 4 Crystal	Jessica Morris (Chair), Jo Alder	Year 4 Quartz	Lesley Baer-Took (Chair), Chris Rowe
Year 5 Sapphire	Sally Preston	Year 5 Moonstone	Eloise Rowley, Helen Dodd (RFC)
Year 6 Pearl	Dionne King	Year 6 Coral	

Topic 1: Neurodiversity awareness

- Separate from an existing year 5 year group issue. However the general school level awareness is something that will still need to be addressed. It's important to detangle them from each other.
- There is an extended piece of work with year 5 via Viv Bull that is nearing completion.
- Neurodiversity celebration week this week (1 week ahead). Some follow ups coming this next week. Includes: assembly, circle time, poster competition. Comms will be sent out to parents as well.
- Going to continue looking into future opportunities with the SLT such as neurodiversity pride day and integration into other relevant areas: mental health week, anti-bullying week etc, disability history month. Further suggestions welcomed by the school. All based within umbrella of school values
- Will continue to look for opportunities to involve parents too
- Resources do exist on the website -
<https://www.rockmountprimaryschool.co.uk/page/?title=Special+Educational+Needs+and+Disability+%28SEND%29&pid=24>
- We need to ensure that there are more signposts on the website to different places.
- Action: add link to ND under the parent tab as well
- Assembly information can be found here -
<https://www.rockmountprimaryschool.co.uk/page/?title=Assembly+%26amp%3B+Circle+Time&pid=50>

- Regarding the SEND white paper - <https://commonslibrary.parliament.uk/research-briefings/cbp-10550/> , there will be no response from school until the white paper is agreed and done.
- Action: Follow up for Year 5 communication around specific issue

Topic 2: Wellbeing award updates and other related

- Amber shared update on behalf of Donna. Rockmount has held this award for many years, May is reassessment date
- Includes work previously on: zones of regulation across all year groups, Wellbeing Ambassadors, edible garden etc. Also whole school community approach ie community club
- Rockmount was first school in the South of England to achieve this award, provide support to other schools
- There was a request for further information about the garden and animals: Helen and Amber are going to request some further funding from the RFC for various upgrades to the garden area.
- Date for the next community day still needs to be decided - more volunteers needed for the upcoming one in order to be able to make significant progress with the work. PCF reps could ensure that the information gets sent out to parents on the whatsapp groups in order to drum up more participation.
- Rabbits will not come back and the area where they were will be reorganised. The school decided that unless they could be given the proper care needed, that it wasn't right to continue keeping them.
- New chickens will likely come in the summer

Topic 3: Pabulum

- Concerns over food portions, quality, from parents worried that their child is not eating enough.
- Tony took us through the way in which the food provisions are setup. There is government legislation around food portion sizes for different KS around main meals.
- Most of this information is available on the website, but the range of food and amount of food that children do have access to is substantial.

- Although children are only allowed one portion from one of the 4 main options (as per government legislation), they also have access to allergen free salad bars - 8 different salads and 2 types of bread on the table – they can refill on salads.
- After dropping off their plate, they then have dessert - this is intentional to avoid children taking dessert with the main and then just eating that. This includes main desert and then (refillable) fruit and home made yoghurt
- Almost all food is not processed or frozen, very few kids do packed lunch option
- Children have in the past had the ability to feedback more directly on the menu when changes do come in, but the popularity of new items is always monitored and fed back into an evolving menu.
- **Suggestion: Invite a parent from each class to lunch / do a tasting session with parents; pupil voice capture with Ana for after school meals.**
- The after school club menu is linked from here, but it's only on the Rockmount Children's Club page and not accessible from the healthy school meals webpage- <https://www.rockmountprimaryschool.co.uk/page/?title=Rockmount+Children%27s+Club&pid=139>
- Positive feedback about the year 6 transition menus from parents.
- Question from Reception: How are children supervised to ensure that they eat properly? There is a higher ratio of staff around the younger years children to help monitor this. This can then be monitored for patterns and any concerns can be raised up to the classroom staff and parents.

Topic 4: Misogyny-free schools update

- Donna and Jess are in the process of putting together a lesson with year 5 in order to ascertain current levels of understanding and to start introducing certain topics.
- Suggestion: put together a lesson for a lower year as well - this will likely come eventually, but the year 5 lesson is just the first step to introducing this into the school in a meaningful way.
- Currently a lot of different gaps in literature and resources for primary school, which makes it hard to roll anything out.
- Rockmount may be involved in pilot programme with Lifting limits children society - <https://www.childrenssociety.org.uk/information/professionals/lifting-limits>
- Suggestions: can we add more resources to the website as well on this topic, newsletter to parents?

- Add to existing resources for events when parents are invited into the schools e.g. parents evening in order to raise more awareness and showcase that the school is taking it seriously.
- Request for sharing of known resources from parents around the topic as well.

Topic 5: Funding letter update

- Due to be sent out in the coming week. PCF reps should be prepared for helping to quell any frustrations or help to ask any questions that may arise when it is sent.

Topic 6 AOB

Whatsapp groups

- Reminder to be sent out from the school that whatsapp groups are not facilitated by, maintained or affiliated with the school. Some concerns and issues that should be handled by the school are being raised in these whatsapp groups and it's detrimental to the school's ability to look after their staff's welfare.
- **Action: School to send out reminder to parents/carers.**
- As the PCF we can also add these reminders and set some guidance around what the groups can and should be used for.
- **Potential action: PCF draft some guidance on this to be shared across each of our respective groups?**

Social media usage

- Google Classroom is considered social media therefore not all children's work will always be posted here as well, based on parent's initial selection of usage of children's image etc.
- There may be an option to add more granular controls for parents to be able to select google classroom as being a valid place for the school to share items from children.

RISE reception initiative

- Rockmount is a lead school with DFE initiative to showcase good practices within reception settings.

- One of 5 schools for the London area to have been recognised for this.
- Action/suggestion for future PCF meeting to showcase more about the initiative.
- Related: Bridget Phillipson letter around disadvantaged children -
<https://www.rockmountprimaryschool.co.uk/attachments/download.asp?file=925&type=pdf>

Next meeting: May 8