Uxendon Manor Primary School Feedback Report

parentgym
FOR PARENTS WHO CARE

the mindgym

The statistics

6 sessions ran between May and June in 2019

57 participants gave feedback

98% felt actively involved in the workouts

100% felt the content was relevant to them

98% will use what they have learnt

98% would recommend the workout to others

98% would rate this workout as very good or excellent

Feedback by course

Course	Q1%	Q2%	Q3%	Q4%	Q5%	Runs	People
Parent Gym, 6 week programme: 1. Chat	92	100	92	92	92	1	12
Parent Gym, 6 week programme: 2. Love	100	100	100	100	100	1	8
Parent Gym, 6 week programme: 3. Behave	100	100	100	100	100	1	10
Parent Gym, 6 week programme: 4. Care	100	100	100	100	100	1	10
Parent Gym, 6 week programme: 5. Discover	100	100	100	100	100	1	8
Parent Gym, 6 week programme: 6. Together	100	100	100	100	100	1	9

Q1 - I felt actively involved in the workout, Q2 - I felt the content was relevant to me, Q3 - I will use what I have learnt, Q4 - I would recommend the workout to others, Q5 - I would rate the workout as very good or excellent

What the participants thought

6 week programme: 1. Chat

Comments

"It’s great to see that you are not alone in your struggles and that there are other parents going through the same things. Great Tips form other parents that actually worked."

"Great scenarios shared by coach and makes class more interesting. All parents sharing their issues and tips a great learning curve for all."

"Very useful and helpful techniques suggested"

6 week programme: 2. Love

Comments

"Very well delivered"

"Great session - thank you"

"Some useful ideas to try at home"

What the participants thought

6 week programme: 3. Behave

Comments

"To keep in practice"

"I like that we are asked to stand up during the activities as it raises the energy level"

"great ideas to try"

"great examples shared by coach & other parents"

6 week programme: 4. Care

Comments

"Enjoyed the session"

"Lovely time, great new ideas. This should be included in the list of things to do to relax - no. 100 - attend Parent Gym sessions"

"Parents & coach sharing ideas"

What the participants thought

Comments

"I really enjoyed doing things like the star jumps - it was unexpected but really fun"

6 week programme: 5. Discover

Comments

"Learning tips from other parents I find very useful"

"Great discussions and lots of involvement. Annicka is great at giving supportive feedback."

"A lot of interactions/examples shared by coach & parents."

"learnt a lot"

"Great ideas on play + tools for helping manage screen time"

6 week programme: 6. Together

Comments

"Great techniques provided by coach & parents. Sharing ideas."

What the participants thought

Comments

"Very good self control tips and how to handle challenging situations"

"An excellent close to the 6 week course, maintaining the high standards of the weeks before. Fun + educational in a relaxed atmosphere"

"Really good practical tips and techniques to improve our future family life."

"A really big thank you so much. I really learned so much. Just what I needed"


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