

Rhodes Avenue Primary School Feedback report

parentgym
FOR PARENTS WHO CARE

the
mindgym

The statistics



5 sessions ran between September 2018 and December 2019

34 participants gave feedback

94% felt actively involved in the workouts

88% felt the content was relevant to them

97% will use what they have learnt

97% would recommend the workout to others

74% 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: 2. Love	100	100	100	100	71	1	7
Parent Gym, 6 week programme: 3. Behave	83	100	100	100	67	1	6
Parent Gym, 6 week programme: 4. Care	100	100	100	100	100	1	5
Parent Gym, 6 week programme: 5. Discover	100	67	89	100	56	1	9
Parent Gym, 6 week programme: 6. Together	86	86	100	86	86	1	7

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: 2. Love

Comments

"Maybe more situation specific role-playing"

6 week programme: 3. Behave

Comments

"Very good at delivering various options"

6 week programme: 5. Discover

Comments

"Very good."

What the participants thought



Comments

"Screen time is a huge subject - should be a session itself."

6 week programme: 6. Together

Comments

"Not relevant yet but good to know when children are older."

"This stuff is hard to do and we now have a very large body of things to try to implement"

"Great last round up session!"

What the participants thought



6 week programme: 2. Love

Food for thought

"Maybe a bit more practical - less theoretical."

6 week programme: 5. Discover

Food for thought

"Bit of doubts of some of screen time stuff."

"The other sessions have been more relevant. I think the internet discussion could take the 6 weeks on its own."



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