

The multi-school's council

Thursday 17th January 2019

MID MEETING MINUTES

In attendance

John Ray Junior (Host)

Richard de Clare

The Edith Borthwick school

Southview

Notley Green

John Bunyan

St Michaels

Lyons Hall

Terling

St Francis

ECC x3

Minutes

Fantastic start to the new year! Great to see old and new faces with a large number attending this meeting. We started our meeting after introductions by talking about what matters most to the children of today. We discussed this because in our next MSC meeting we will vote on our top 3 'topics' that we will focus on in the coming 2 years like we have just done in the previous 2 years when focusing on Anti-Bullying, Mental health and Supporting refugees. Children told us that some of the main things that matter to them are;

- Looking after their families and pets
- Worrying about moving onto secondary education
- Friendships
- Exams
- Bullying

- Extreme events such as fires

Following on from our last meeting I gave the children more detail about the special school games 2019. We have updated the sports after considering the pupil's points of view and we asked the schools what events they would like to supply young leaders for. We had a very positive response and information will be handed over to Active Essex who will then look at allocating numbers to each event.

Before our break we still had time to discuss the 'Small great things project' which is being led by Essex County Council and I asked the children to think of things that they may do to support others in school or that they see someone else doing. Ideas included providing sensory toys, having pupil role models, creating 'inclusive games' so nobody feels left out, more prefects, sharing positive comments (the fish philosophy), make sure you say good morning and have extra time outside of the classroom if needed. The children all felt that these ideas would help those who may struggle or find school hard. Another simple one would be to simply smile! It was then time for a break!

Following our break, I took entries for our mental health poster competition. Richard de Clare spoke to the group about their work towards mental health awareness. I also asked for an update on the on-going art project and information about our anti-bullying event in March where pupils are invited to stand for head girl/boy positions. We then discussed one of our key topics, mental health awareness and in particular the idea of resilience. I asked the children to think of ways to improve awareness and resilience - what could schools be doing more of? We had a range of fantastic ideas;

- Providing peers to talk to
- Have more mental health assemblies
- Posters around school (they are on their way!!)
- More mental health events and day's
- Ensure schools have care teams
- Information about healthy eating as this makes a difference
- Steps to happiness shared
- Have a 'safe space' in school
- Worry buckets
- Encouragement and work on 'not giving up'

- Work on equality in schools
- Mindfulness clubs
- Relaxation clubs/lessons
- Friendship building

Some fantastic ideas that the MSC will take forward, with the support of ambassadors and new head girl/boy, looking to start a new programme during the next academic year.

We finished by giving the children news about our new YouTube channel. It was mentioned across Essex that we should get a YouTube channel as it is the 'cool' thing to do!! There was a real buzz in the room for this one and I asked the children what type of videos they would like to see on our channel. The children came up with ideas such as making them fun, adding music, including recordings of different children involved in the MSC, advice on how children cope with problems, information from our Ambassadors, information on improving mental health, role play, talks about serious topics that effect children, talks about mindfulness, 'how to' advice and ensure we are including as many schools as possible. We have lots to work on and clearly need more time!!!

Our star of the meeting this time was Esme B for some fantastic ideas and developing confidence as the meeting went on as we understand that it is difficult to talk in front of so many people.

(Anti-bullying event - March 14th, Chelmsford City Racecourse)

Next meeting date: Thursday 16th May - Venue TBC