**Minutes**

**WEST – Multi-schools meeting**

**Wednesday 16th October 2019**

**In attendance – 18 children**

Brightside – Host

Fawberrt Primary

The Endeavour

Active Essex

Gill Newlyn – Project Ability

Apologies – The Anderson school, Shenfield St Marys, Wells park, Larchwood, Holly cross primary, Cooks spinney (sent notes).

**Minutes**

Our last meeting of the term was held at Brightside primary in their fantastic new part of the school. Everyone arrived on time and we made a quick start! First on the agenda was what might prevent participation in sport. Ideas included, disabilities (although sports should make adaptions), scared of being hurt, too much time on technology, anxiety, money, not enough information on how to get involved in clubs or getting bullied. Active Essex were present and took notes. – **To discuss with Active Essex, money a common theme.**

Next, we moved on to talking about health and what young people need to know more about. A wide range of ideas included things like how much exercise we should be getting, chances to do more exercise, 5 a day information, advice on what we can and can’t eat, more information on mental health, information on junk food and how it might affect us in the future and drug awareness. These ideas will be combined with our 5 other strand meetings to look at the most common themes. – **To discuss with the NHS, balanced diet a common theme, see work in the North of Essex supported by MFS**

After that we discussed how to raise money for the multi-school’s council. Ideas for schools to engage in or bigger outside events included;

* Running challenges
* Activities linked to specific disabilities that could be sponsored
* School movie nights
* Selling things
* Bake sale
* Doggy day care in schools for a day
* BBQ’s
* **To include in South Bake off event.**

We hope schools will look at some of these ideas and help raise funds for the sustainability of the council. It was then time for a break and once again it was fantastic to see children interacting from different schools.

We moved back to the subject of sport after the break and the group discussed how more children could get involved with school or club sport. The list included;

* Getting children in schools to vote on the top sports they wanted to focus on
* More disability sports
* Gymnastics – in school times as after school clubs can be hard for people from SEND schools due to transport
* More dance opportunities
* Building confidence in children to get involved in sport
* Archery
* More peer to peer support linked to gaining confidence
* Ice skating
* Different sports within one club
* More support offered

**To discuss with Active Essex and Dance contacts to look at disability sports day’s and more dance opportunities.**

We will look to take some of these ideas forward with our sporting group connections which included Gill Newlyn from Project ability. Our next agenda point was parents. How can we involve parents within our council while keeping children as the most important people? The children thought we could get involved in coffee mornings, get them into meetings, hold a morning event in each area to tell them about the council, presentations from schools to their parents, get them in to do the daily mile or speak to them electronically. We will build on our parent group links to make some of this happen.

Our final discussion point was around engaging more schools, particularly important within our WEST strand. Ideas such as holding a summer fair/carnival, running a poster competition, delivering assemblies, children meeting with teachers from other schools, putting together a short performance, speaking to schools near you, video messages, having a multi-school’s newspaper or having a stall at different school events, were all suggested. At the end of the meeting I handed out our mental health posters and gave Maggie from Fawberrt Primary the star of the meeting for some good views around a whole range of disabilities.

Next meeting – **Wednesday 5th February 10 – 11:30, Venue TBC**

**Follow up points;**

* **Could some of the children present to your parents about the multi-schools?**
* **Could you hold a school’s vote on popular sports to try?**
* **Could you host a movie night and raise money for the MSC?**
* **Poster competition – To design a poster all about the multi-school meetings. To be handed in at the next meeting. Winner to be professionally produced.**
* **Can any of the health ideas contribute to your PSHE curriculum.**
* **Head boy/girl nominations. More information to follow.**
* **Special school games – If you would be up for providing young leaders for the games please let us know what sport and how many children you could provide. Sports include; Athletics, Basketball, Wheelchair basketball, Boccia, New age Kurling, Football, Rock Climbing, Kwick cricket, Tennis, Handball, Archery.**