

The multi-school's council

Thursday 24th January 2019

SOUTH MEETING MINUTES

In attendance

Oakview (Hosts)

Pioneer

Orminston Park Academy

Minutes

In a smaller scale approach to what we had last week in MID Essex it was great to gather pupil views in a smaller environment and speak more on a 1:1 basis. I asked the children to firstly consider what mattered to them the most or any worries that they currently had in life. The children mentioned the following things such as family being really important, worrying about the future, people judging their abilities, exams and getting involved in sport clubs outside of school such as football.

Following this I took notes on what sports the 3 schools would potentially be able to provide young leaders for at our special school games. Our special school games are taking place on the 19th June at the Basildon sporting village. This information will then be taken to Active Essex who are in charge of organising the event. After the games I then asked then group to think about the ECC project 'Small, great things'. The group said that things they notice in their schools are people just giving time to others by listening to them, keeping the school tidy, looking after siblings outside of school and encouraging others who find work hard. One pupil was very keen for there to be more assemblies about celebrating these things but also awareness of special needs and disabilities.

We then stopped for a short break which allowed the children to socialise. Immediately following the break I gave the group information on events such as the art project, the anti-bullying event and took a picture of Pioneers mental health poster entry. On from this, we discussed the promotion and awareness of mental health in schools. We discussed the idea of creating a resilient

programme for the next academic year and we asked for views on what is happening and what should be happening. The children explained the following;

- Advice on breathing techniques, more mental health books need to be available
- Shoulder squeezes and physical contact can help relieve stress
- Each school needs to have a room to talk, they don't think this is always available
- Encouraging peer to peer support, backed up by mental health ambassadors
- Doing something active, having yoga and meditation regularly
- Creating more social clubs, children get lonely too and they need more time with friends

Our final discussion point was on our brand new Youtube channel after our last set of meetings requested it. The children want to see videos that include music, arts and crafts, fun and happiness, talks on treating everyone equally and with respect and information on trains. The schools all wish to be involved in these videos and with our plans to expand in September, they want us to come in to schools more often and ask children about their experiences, film engaging trips out and learn about different schools, especially special schools.

The star of this meeting was Saffron from Oakview for speaking really clearly and giving some great points as well as helping her friends to think of ideas.

(Anti-bullying event, March 14th, Chelmsford city racecourse)

Next meeting - Thursday 23rd May, Pioneer school