

## Minutes

### Multi-schools meeting - Chelmsford

Tuesday 19<sup>th</sup> October 2021

#### Virtual meeting

#### In attendance

Cathedral primary

ECC SEND team x2

Active Essex

**Apologies** - Essex Youth Service, Baddow Hall primary, Baddow Hall infants, Newland Springs, Broomfield, St Michaels, Trinity Road

#### Minutes

Just the one school in this meeting representing Chelmsford! This is an area we will look to grow participation in but Cathedral school were certainly a great addition to this group. We kicked straight off after learning everyone's names and started looking at how children could be more active. The group wanted to see small trampolines in schools, more opportunities to get out and do the daily mile, books to keep people active over the half term like you do for reading and more motivation to keep active.

Following this we looked at home to school transport. Many of the children involved walk to school but if they did get on transport, they would like to have more information on school websites about the process, an app to track travel, more child friendly vehicles that are brighter and have games available, shorter journeys and food/drink available.

It was then time to discuss preparing for adulthood and some of the things that could help along the way. Ideas included more therapy available when transitioning, more life skills on the curriculum, more information about future jobs, safe areas in schools to reflect, more staff members/children who you speak to and ask questions. The group made some really good points about how if done right preparing for adulthood really does give you a heads start in life and having people to talk to who are on the same page is key.

As we were such a small group the children just wanted to keep going out without a break! Talking about keeping going, we are not stopping with our fundraising efforts and in 2022 we plan to do some midnight walks. The walks will raise awareness of our work and we want to make them as fun as possible. The children think we should include activities on the walks (popular), wear head torches, have lights to light up the venues, include treats such as marshmallows and hot chocolate and ensure people have the energy to keep going.

The last point on our agenda was to discuss what might prevent some children from keeping active and being involved in sports. The group were honest in their thoughts talking about how some people with disabilities are put off from being active, bullying, and negative thoughts about you being involved, children spending too long on video games and lack of support from the home. We are working with Active Essex, who were also in attendance, to look at some projects linked to this.

With just the one school we were so impressed with their engagement and ideas. We usually pick a start of the meeting but it was impossible to pick one so we went with the whole school! Our star school of this meeting was Cathedral School.

Next meeting - Thursday 10<sup>th</sup> March , 10am - 11:30am, Cathedral School

#### **Follow up points**

- **Can you act on any of the 'Keeping active' ideas from agenda item 1? If you can tell us before our next meeting we will reward your children and school with a certificate and it will help us to share good practice!**