

Minutes

Multi-schools meeting - Colchester

Little Garth Primary School

Wednesday 13th October 2021

In attendance

Little Garth

Bishops William Ward

Colchester Council x2

Heathlands

St Peters

St James's

Doucecroft

Apologies - Langenhoe, Mersea, Roach Vale

Minutes

A beautiful setting for our October MSC meeting and wonderful to be back in person with our Colchester group, combining some people virtually too. It was wonderful to see such a diverse group of children during the introductions. I also gave the group an update on our VI work, with the hope of getting a video out to schools by the new year.

We kicked straight off with our discussions on keeping active. I asked the group to think of ways to keep children more active after it was identified as a priority by young people:

- Having more scooters and go karts in schools
- Gym equipment and clubs
- Inspire people to be more active by providing certificates etc

- Having more long walks both in schools and with family members
- Making sure activities are low cost or free
- Trips to more adventurous sports such as rock climbing
- The daily mile is important
- Have more activities at play times
- Building clubs to keep the mind active
- Involve families

A really good start to the meeting and some constructive ideas.

We then moved on to discussing home to school transport. We asked the children to list ways that would make this journey's more enjoyable and accessible. We had making sure there was entertainment, having information on who you will be sharing with (popular), having GPS so children know how long the journey will be and how many more stops there are on route (popular), make sure it's the same driver, have toys you can bring with you, develop independence skills when travelling, make sure there is good adult support not just the driver and clean windows so people can look out. We will be using this feedback as part of our look into home - school transport.

One more discussion point before our break was all about preparing for adulthood. The children would like to see;

- More encouragement and talks about growing up
- More personal choices about their own education linked to what they want to do when they grow up
- Careers days - Involve parents in this
- Have taster weeks when going to secondary schools, not just days as you might not see all the pros and cons in a day
- More life skill lessons (popular)
- Have buddy systems in primary schools
- Maps of new schools
- Meet more teachers when visiting secondary schools

These thoughts are being given back to the Essex PFA team who are in the process of evaluating the impact of their work. We stopped there and had some wonderful juice, biscuits and fruit laid on for us by the school - the challenge was to speak to at least one person who you hadn't yet met!

After eating and getting some fresh air we were all ready to go again and start discussing midnight walks. I asked the children to think of how we could make midnight walks attractive for people to join in as we plan to do a few during

2022! Ideas included multi-coloured torches (popular), have animals involved, campfires, make sure food is available, wear PJ's, bring a teddy, have binoculars, including games such as a scavenger hunt (popular), glow sticks, music and different rest areas.

Our final agenda item was looking at what might prevent some young people from keeping active or getting involved in sport. The children spoke about overprotective parents, negative comments from people, people's disabilities, gender stereotypes about certain sports, cost, transport, doubting your appearance, fear of injury (popular) lack of confidence or not wanting to step outside your comfort zone. The group also discussed the need for more disability aware clubs and the importance of encouragement, which one young lad opened up about his own experiences.

Star of this meeting went to Oliver from St James's primary for his honesty throughout, ideas about preparing for adulthood and opening up about his own experiences. A fantastic effort from all those involved!

Next Meeting - 2nd March 2022, 10am - 11:30am, Venue TBC - if you would like to host let us know ASAP.

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!**