**Minutes**

**Multi-schools meeting – MID Secondary**

**Wednesday 20th October 2021**

**Virtual meeting**

**In attendance**

Beaulieu Park

Chelmer Valley

Boswells

Columbus College

Alec Hunter

Plume Secondary

Plume College

**Apologies –** Saffron Walden County High, Orminston Rivers

**Minutes**

A last minute change to virtual for this one due to rising covid numbers but it was great to see so many still in attendance at one of our best attended meetings of the term. Once everyone signed on we started by looking at how more children could keep active both in and outside of school. Ideas included;

* More PE
* A focus on healthy eating in schools (popular)
* Not just sport – look at alternatives ways of keeping active
* 2-min breaks at different points in the day to keep active
* More outside gyms in the community and an understanding about how to use them
* The daily mile should be in secondary schools not just primary
* More fixtures against other schools
* Better equipment that is accessible to all
* Set children keeping active challenges during half term
* Advertise sports opportunities better in schools
* Make sure messages about keeping active are reaching social media – focus on Instagram
* Promote more outside learning

Some thought-out ideas which will be carried forwards to Active Essex along with the rest of the feedback from across the county.

Next up was our discussion around home – school transport. We wanted to see how this process could be improved and a lot of the conversation centred around safety at school sites by having more visible adults, better lit areas, more zebra crossings, and more safety signs. The rest of the conversation included better journeys planned out, better accessibility, reduced costs on public transport, think about who children are grouped with, more interaction such as quizzes, games/magazines, music, school approval marks for taxi companies, more information on school websites and more discussions about the travel impact on the environment. We will continue work with a working group on this issue. As we started a little later and had so many ideas we stopped for a break there.

After our break we focused on preparing for adulthood and the things we could put in place to support this. Lot’s of ideas came out;

* Having more visits to learn about the workplace
* More visitors to come and talk about work
* More life skill-based lessons – have a tick list
* First aid
* Better money management (popular)
* Lessons on resilience
* More work experience (popular)
* Careers advice from a younger age
* Explore our options better and tailor the curriculum around this
* Clubs linked to growing up
* More practical advice and make sure the child is at the heart of everything

We will continue to work with the PFA team.

After this we spoke about our 2022 fundraiser which will look at some midnight walks across the county. We want children to design these, and ideas included a silent disco, fancy dress (popular), prizes for doing so many miles, check points where you get stamps, glow sticks, marshals, different challenges, make sure the venues are inclusive, hot chocolate, scavenger hunts and making sure we are advertising in schools. The ideas will be taken to our ambassadors in November.

One more point to cover during this meeting. Our focus again turned to keeping active and what might prevent some young people from doing this. Comments included too much peer pressure (popular), bullying, laziness, a lack of confidence (popular), we need better buddy systems, lack of equipment, sports having a certain gender image, fear of injury, lack of facilities, not feeling good enough, changing in front of others and addiction to social media. We will again be working with Active Essex on these points.

Our star of this virtual meeting was Ewan from Chelmer Valley for his contributions throughout the meeting but also his honesty about his own experiences that prevented him from keeping active.

Next meeting – Tuesday 8th March , 10:30am – 12pm, Columbus College

**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!**