

Minutes

Multi-schools meeting

Uttlesford

Monday 27th February 2023

In attendance

Great Easton

Saffron Walden County High (Host)

Elsenham

Birchanger

Apologies - Henham & Ugley

Minutes

A bit of history with this one as this meeting marked out first ever Uttlesford only meeting now that have grown the number of schools in this area. It was great to have such a mix of young people represented in the room as our council goes from strength to strength!

The meeting kicked off with a discussion about how to improve these meetings. We are always looking to move forwards and we want the young people of Essex to decide what this looks like. They group would like more opportunities to get to know each other, include pen/paper on each table, have snacks on each tables (including gluten free), look at having bean bags in the meeting, bigger spaces, have some meetings outside, have a book for each school that they bring to each meeting and provide some fidgets at the meetings.

Next up was our discussion on how to tell more schools about our new book, A toolkit for teachers: Autism, ADHD and mental health -

https://www.amazon.co.uk/dp/B0BP4D27Q9/ref=sr_1_1?crid=18XFKOFZC44TY&keywords=a+toolkit+for+teachers%3A+autism%2C+ADHD+and+mental+health&qid=1670331307&prefix=a+toolkit+for+teachers+autism+adhd+and+mental+health%2Caps%2C218&sr=8-1

They would like to see posters, create a podcast talking about the book, have some adverts, get it on more websites, get schools to use their Amazon wish lists, assemblies, tell people about it at summer fairs, have some parent meetings about it, get McDonalds to give out copies and have some book selling events. As with all the ideas, we can always try our best, but they may not always come off, but we do listen and try!

Next up we asked the group why physical exercise is so important for young people and here were their responses:

- It is good for our mental health
- We get enjoyment
- It can help us find a new hobby
- Keeps us health
- Helps us to stay calm in lessons
- We can make new friends
- It means I can then learn
- It can unite the world

A good discussion and one we will continue to focus on with an importance from us to focus on keeping active. We stopped here for a break and a chat!

After the break I got one of our MSC ambassadors to help us out and joint lead the meeting. This meant Marcus was helping to keep the conversation going and we asked young people what supports their confidence, motivation and resilience when it comes to school. We had answers such as how the teachers talk to me and if they know me well, having a positive environment, being able to help others and get help, encouragement, technology, speaking to myself in the mirror about the positives, movement breaks, having fun, being active before sitting down for a long time and getting rewards.

Finally, the group discussed making a video of the work we do. For this agenda item another of our ambassadors TJ helped lead it, picking people as we went along:

- Make sure we want to tell the world
- Make sure it goes on our website
- It's not a disability it's a superpower
- Explain a little about what we do
- Be **proud**
- Explain about the meetings
- Create a tik tok

- Tips and advice
- Explain about our differences

We will be looking and getting something going in September on this front!
There was time left to take a group picture and award the star of the meeting.
The star of this meeting went to Quincy from Great Easton for their brilliant ideas, growing in confidence throughout the meeting and being ambitious!

Next meeting - Wednesday 17th May, Elsenham Primary School, 10am - 11:30am