

Minutes
Multi-School Council Meeting Brentwood
St Thomas Canterbury
24th Feb

In Attendance

Larchwood School
Brightside Primary
Quilters Juniors School
St Mary's Shenfield
Anglo European School
St Thomas Canterbury

Apologises

Margaretting School
Mayflower School

Minutes

The first Brentwood MSC meeting of the term were held in St Thomas Canterbury School and can I just say, they were an amazing host! Following our agenda, we have received some fantastic ideas from the young people involved in the meeting.

First on our agenda, we have discussed about how can we make our meetings better for young people, and we have had some fantastic ideas.

- Do an afternoon meeting instead as some young people have commented that they would miss out on their important subjects.
- Have a virtual and face to face meeting combined for schools that are unable to attend due to transport issues.
- Do a team building activities before we start our meeting, so the young people feel comfortable to have a discussion with other people there.
- Try to encourage more schools to attend.
- Feedback the agenda to their schools so they can bring their peers ideas into the meeting.
- They would come up with their own topics.

Moving onto our next question on the agenda, we spoke about how we can try to promote our book 'A toolkit for teachers: autism, ADHD and mental health' and the young people are keen to fundraise so they can buy copies from us and either keep it in their school libraries or give it to teachers/ support staff as well as delivering an assembly about the book, create posters, have a reading club to discuss about the book, create a school bulletin about the book, create adverts, take photo of the children

reading the book. A young person has said if a new teacher has started their first day at the school, the young people will give them a book to read, what a great idea!

We covered one more before we stopped for biscuits break! We talked about why physical exercise is important for young people. Every young person has come up with some fantastic discussions, for example, they spoke about how it helps you to have more positive attitude, to be more confident, improve your communication skills (great thought!), if you are overwhelmed, you can go for a walk outside your classroom. Sophia from Quilters Junior has mentioned that her school holds a Paralympics sports week and had mentioned that other schools should be involved to raise awareness about disabilities which I thought was brilliant! It also makes you happy, to burn calories, to keep persevering. Keeping active is our top priority within the MSC.

Then we stopped for biscuits and squash break! It was lovely to see young people from different schools to have a conversation with other schools.

When we all returned from our break, everyone was eager to get back into it. We had last two questions to discuss on the agenda. The first question, we discussed about what helps you with your confidence, what helps to motivate you and what helps you to be more resilient?

- Making new friends
- To have determination
- Don't be scared to make new friends
- Take a deep breath
- To have a safe environment where you feel comfortable, therefore, making you feel more confident and motivated
- Trying new things
- To discuss about growth mindset
- Positive peer pressure to make you more motivated
- Achievement points
- Postcards to send to families so they can be proud of their child/ren
- To have a safe space where they need a break
- Compliments

Lastly, we had one more discussion about how we can do to get more schools and people involved in what we do. The young people came up with brilliant ideas!

- To create poems
- To create a dance
- To promote videos in our assemblies
- To include subtitles in the videos
- Positive words of the day
- To include positive feedback of MSC
- Create a transition video, i.e., have one person speak then a different person and so on!
- To include motivational words and hold up cards that says 'Multi School Council Meetings'

Well, we have had such a great turnout for this meeting, and I am really pleased! Of course, I had to name a star of the meeting and it was such a difficult decision to make because every single young person stood out and they all contributed brilliantly! The star of the meeting was Sophia from Quilters Junior School because I loved her responses to the questions, and she was really enthusiastic!

Thanks so much everyone!

Next meeting: Friday 19th May, 10am – 11:30am – Venue TBC – **If you would like to host the meeting please let us know ASAP.**