

## Minutes

### Multi Schools Council Meeting West Essex

23<sup>rd</sup> Feb

#### **In attendance**

Churchgate Primary School

#### **Apologies**

Harlow College, Pear Mead Tree, Ivy Chimneys

#### **Minutes**

A massive thank you to Churchgate Primary and their student council. We received such a warm welcome! We had some fantastic ideas from the young people involved too.

- 1. How can we improve the meetings? How would you like them to work?**
  - Virtual and live meetings combined for schools that were unable to attend
  - Have a drawing challenge
  - Team games for team building and working together
  - Have paper and tables so we can write ideas down
  - Arts and crafts to complete so we can show them on social media
  - A giant MSC mascot
  
- 2. Our book - how can we tell more people about it?**
  - TikTok book advertisement
  - Twitter launch
  - Use social media more
  - Advertise at the schoolbook fayre - Churchgate will let us know when that is happening
  - Posters in schools to advertise the book
  - Allow it to be read online - maybe through amazon download
  - Make a version of the book for young people complete with illustrations and child friendly language
  
- 3. Physical exercise - how does it help young people?**
  - Horse-riding makes me feel happy and calm
  - Goal scoring - we can celebrate
  - Sports keep your mind and body fit
  - Sports improves self confidence
  - Sports help clear your mind and keep your brain positive

- Sports keep us healthy
- We can try to encourage people to join in sports by setting up lots of different sports and get people to try them out
- Give people that don't want to do sports easier sporting challenges to start with

#### **4. What helps to build your confidence?**

- Friends watching me show jump - their support
- Trying new things
- Trying hard to complete a difficult task

#### **5. What motivates you?**

- Doing something difficult and managing it
- Having a goal - I want to be an art teacher
- Having future career goals to focus on

#### **6. What helps you to be resilient?**

- Support from others
- Keep trying until you succeed

#### **7. Video - we want to capture what we do - how are we going to do it?**

- Through sport - eg football/tennis as you kick/hit the ball and it is returned ask question/give answer
- Make a song about the MSC

Everyone was amazing with some fabulous suggestions. Everyone was a star as their positivity and thoughtfulness made for a wonderful meeting. The brightest star today was Daisy who had some super ideas. Daisy is on the school council at Churchgate Primary School.

Next meeting - Wednesday 17<sup>th</sup> May, 10am - 11:30am, Venue TBC - **If you would like to host the next meeting please let us know ASAP.**