

Minutes

Multi-schools meeting - South Essex

Thundersley Primary

22nd February 2023

In attendance

Canvey Infants

Thundersley

Eversley

Glenwood

Kents Hill

Montgomerie

Abacus

Kingston

Apologies - Circles Farm, Canvey Juniors, Stambridge Primary, Hiltop Juniors, Jotman Hall

Minutes

What an outstanding turnout in South Essex which is one of our best attended meetings to date and a great way to kick off our term 2 meetings. We had schools arrive at different times due to traffic, confusion created by myself about start times and other issues but we did eventually get our introductions done!

The first discussion point was based on how we can make these meetings more exciting for young people and as always, they had a range of ideas:

- Include some games
- Look at doing a quiz
- Include a wider range of things on the agenda

- Look at doing 'school swaps' visit days at schools
- Make sure everyone has the chance to talk
- Continue to include a zoom/teams/virtual option
- Develop confidence skills
- Have an ideas box that comes to each meeting
- Include some welcome music
- Include some challenges
- Include lunch

We are working with schools across Essex and the most popular ideas from these meetings will be broken down by area and then actioned.

Next up we discussed how more schools could find out and use 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

The group were keen to have schools chat about it in their assemblies, create an audio version, do some videos of us reading the book, use the internet to share awareness, put adverts on YouTube, sell in different places, explain more to schools what it's about, get it in libraries, get schools to put it on their websites and get it into school newsletters. We will be writing to schools again following our round of meetings pushing the top ideas that come out.

One more area to cover before we stopped for a break was the conversation around why physical exercise is important for young people. Lots of chat with this idea such as how it helps you to feel more active, make you think about eating healthier, gives you fresh air, makes you want to be in school, helps with your future health, increases blood circulation, good for our mental health, keeps you flexible, helps build friendships, keeps you strong, helps teach us teamwork, boosts our confidence and helps our overall confidence. Keep active is a top priority within the MSC for the next 18 months and we want to look at promoting this further using the ideas of young people. We stopped here for a break - a health break as we had a balance between fruit and biscuits!!!

Following on from our break we had two further points to discuss. The first was a three-part question - what helps you with your confidence, what helps motivate you and what helps you to be more resilient?

- Building my confidence helps me to think about jobs

- If I have clear goals
- Seeing my friends
- Having good learning experiences
- Practicing breathing
- Rewards
- Promoting kindness
- Encouragement from others
- Having people around you that you trust
- Compliments
- Family
- Adult support - more adults in our classrooms
- More fun!
- Re-assurance
- Better interactions with adults
- Speaking to more people and having those opportunities to speak out

We continue to work with targeted employment teams as they look to support schools and placements.

Lastly, we revisited a popular idea from our last set of meetings. To get more schools and young people involved in what we do the council wanted to create a video of their work. This was our starting point for a plan for that video and the group would like to see music involved, talks about we like with the MSC, ideas on how to be thoughtful, holding up key messages, 1:1 chats, dance, sparkles, make sure we get children involved with a range of differences, pass on our book to each school involved in the film, make sure there is inspiration in there, include a title, credits and narration, a look at different schools, diversity and focus on how we all think differently but are accepted. We love these ideas and will draw together a plan ready for filming from September!

The last thing to do was name a star of the meeting! Obviously, everyone was a star and there were several young people from every school that stood out but because of their enthusiasm and generally positive attitude to every question the star of this meeting was Lyla-Lou from Glenwood school - superstar!!!

Next meeting - Tuesday 16th May, Briscoe Primary, 10am - 11:30am