

Multi Schools Council Meeting 01/03/23



Braintree Group

Present

Edith Borthwick

Howbridge Junior

Silver End Academy

Terling Junior

John Ray Junior

Notley Green Junior

John Bunion Primary

Beckers Green Primary

Bocking Junior

Laura Lewis Engagement Facilitator Team

Minutes

Firstly, a massive thank you from everyone at Notley Green for being such wonderful hosts! Everyone had such a fantastic and productive morning and it was so lovely to see all the young people mixing and making new friends at break time! We had so many fabulous ideas to move us all forward so thank you all!

- 1. How can we improve these meetings? How would you like them to work?**

- Mix the tables up so all different schools are sitting together so we get to know one another better
- Open meetings up to others - not just school councils
- Interactive games or a quiz
- Drawing workshops/games
- A mascot
- Speakers from MSC going around own schools to promote
- Maybe sit in a circle as acoustics weren't great - depends on venue

2. Our book - How can we tell more people about it?

- Put it in public libraries
- Posters in schools to advertise it
- Write a letter to our Headteachers so they could make funding available to buy some copies for the school libraries
- Video about the book on school websites/TikTok/FB
- Have a one day special offer on cost of book
- Discount on multi purchases
- Get a celebrity involved in promoting the book
- Promote to ECTS/training sessions
- Word of mouth
- Inform SEND charities about it
- Teachers to discuss book at teacher's meetings
- Advert for it on TV
- A plane with a banner on it
- Book club

3. Physical exercise. How does it help young people?

- Helps keep a clear mind
- Makes you feel happy/proud
- Gives a sense of achievement
- Encourages a healthy lifestyle
- Helps you build confidence
- Makes you feel good

- Changes body shape
- Burns calories
- Takes you to different places - eg gym, swimming pool, park etc
- Helps you feel ready to learn
- Fun
- Keeps your energy up and helps you to focus
- Gives you a sense of accomplishment
- Helps relax your mind
- Team games build friendships
- Gets you into good habits
- Can help with sensory issues
- Can encourage others by offering rewards, a star chart
- Could have a group that works together that needs extra support
- Encourage more people by making them feel comfortable
- Remember that PE comes in all different forms
- It needs to be accessible and inclusive
- Clubs are a great way to get involved

4. What helps build your self-confidence? What motivates you? What helps you be resilient?

- 'Goose philosophy' for staying power - a card game building house of cards
- Reflecting on the journey
- Friends help motivate and support
- School values that everyone knows and works towards helps motivate
- Having a best friend helps from the support they offer
- Family and pets help build resilience
- Keep trying - there is no such thing as failure - just an opportunity to learn
- Support of siblings
- Support of teachers/Tas
- Positive self-talk and affirmations
- Self-care apps such as 'Finch'
- Deep breathing exercises to promote calmness
- Standing up for yourself
- Talking to a trusted adult

- Powerful quotations
- A reward system
- The sense of achievement you get when you complete a difficult task
- Someone else showing their pride in you
- Class dojos
- Helping other people
- Being a member of a club

5. Video - we want to capture what we do - how are we going to do it?

- Put completed video on YouTube so people can watch it
- Include interviews with ambassadors
- Have QR codes on school websites for a link to video to encourage people to watch it
- Show clips of challenges and activities that the MSC does
- School council meeting clips
- Clips of MSC meetings
- Showcase the book in the video
- Put in quotes from different schools
- Show people with additional needs in the video
- Express positivity in the video
- Have tips on how to keep calm in the video
- Please can we edit the video and see it and agree to it before it goes out

All in all a thoroughly productive meeting with some superb ideas for us to implement. You were all absolute stars but we can only have one overall star of the meeting. We would like to give a big shout out to Cat from Edith Borthwick. As the only teen there she was an excellent role model with very thoughtful comments. The star of today is Bethany from Beckers Green for her confident and pertinent comments. Well done, Bethany! See you all soon - and remember if any of you are interested in becoming an ambassador please let us know!

For the next meeting could the lovely adults please check about the suitability of photos for those that are attending so we can take pictures for social media.

Next meeting: Thursday 25th May, 10am - 11:30am, Beckers Green Primary