



## **Multi Council Meeting Spring Term Feb 28/23**

### **MID Secondary**

#### **Present**

Alec Hunter Academy School Council

#### **Apologies**

Chelmer High School, Beaulieu Park

We began with introductions and an explanation of the work of MSC and the role of ambassadors. Two young people expressed an interest in applying.

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

- Activities - ice breakers
- Have tables with the different schools split amongst the tables in common year groups
- Play the 'Pirate Game' to get everyone interacting and compete against other tables

- Have an 'Escape Room' paper activity to get people to work as a team so they feel more confident about sharing ideas
- Have a quiz to build team spirit

## **2. Our book - how can we tell more people about it?**

- Promote it in assemblies
- Run a charity event to raise funds to buy copies of the book for school
- Put the book on the school websites
- In RSHE lessons use the book as a tool to promote learning and discussion about learning differences
- Make it prominent at Parent's Evenings maybe with SEND department
- Produce a version of the book for younger children and create a reading challenge
- Advertise it on adult platforms such as FaceBook

## **3. Physical exercise - how does it help young people?**

- It gets you moving and wakes you up
- Helps you get into shape
- Improves mental health
- Because it helps your brain it also helps motivate you in other areas such as revising/learning
- It improves confidence
- Strengthens bones
- Makes you more expressive
- Builds teamwork
- To help those that are not interested in physical exercise we could try out new sports for challenges
- Be given general cardio exercises you could do at home without the need for specialist equipment
- Have more form team games on the field
- Modify the dress code so we can wear suitable clothing in different weather conditions

- Create House competitions with physical games in the format of video games - like completing different 'levels'
- Build a more competitive element with prizes
- Run cross country events off the school site at local parks
- Have gym accessibility in ALL schools that can be used at lunchtime and after school - we have the motivation but no outlet - public gyms are out of our price range
- Have starter challenges in PE and mini challenges to help everyone achieve something
- Have a vote on the sports you are able to study
- Have rugby on the curriculum for girls
- Have football available to girls in ALL years

**4. What helps build your self-confidence? What motivates you? What builds your resilience?**

- Running and walking - making myself exercise - getting my body and mind fit for my future long-term goals
- I get self-confidence from the support of others around me
- Getting to know other people and building up a support network
- Respect builds confidence
- Praise makes me feel good and motivates me to continue
- Small steps to achieve helps build confidence and motivation
- Never give up - there is no such thing as failure FAIL=FIRST ATTEMPT IN LEARNING
- Individual support when finding something difficult helps build resilience
- Recognising my own strengths and building on them
- Shouting at people and putting them down has a negative effect and stops motivation and causes lack of self-confidence
- Kindness towards others - kindness and respect builds everyone's confidence

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

- Start with words of encouragement about everyone striving to do their best
- Show young people doing lots of different events and activities that the MSC do - lots of clips
- Have mini interviews with Young People and their roles in MSC
- Use bright colours
- Make it bright and uplifting
- Another song would be good
- Include information about how many schools are involved in the MSC
- Advertise the book in the video
- Make sure it is accessible to all young people
- Make it no longer than 5 minutes to capture and keep attention

A massive thank you to the School Council at Alec Hunter Academy for being so welcoming and respectful. They were fantastic ambassadors for their school. They came up with many thoughtful, interesting and valuable ideas. Everyone was so mature and perceptive in their answers. The star of the meeting goes to Annie who gave astute and considerate ideas.

Date of next meeting - Tuesday 23<sup>rd</sup> May, 10:30am - 12pm, Alec Hunter Secondary School

[www.multischoolscouncil.org.uk](http://www.multischoolscouncil.org.uk)