

Minutes

Multi School Council Meeting Chelmsford

27th Feb

In Attendance

The Cathedral Church of England Primary School

Apologies

Baddow Hall

Rettendon Primary School

Parkwood Academy

Highwood School

Minutes

We kicked off our first Chelmsford MSC meeting of the term at The Cathedral Church of England Primary School, and I've had such a warm welcome, so thank you! We all had some fantastic contributions as well as ideas from the young people involved.

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

- To have more meetings (especially in person)
- Have an afternoon meeting instead of the morning
- Encourage parents to take their child to the meeting in a different school rather than the school
- Take turns in hosting
- Figure out how to sort out transport issues, maybe do a fundraiser?

Moving onto our next question on the agenda, I asked how we can try to promote our book 'A toolkit for teachers: autism, ADHD and mental health'.

- Posters on vehicles
- Advertise it
- Each class has a copy of the book
- Advertise it for world book day
- Billboards
- Flyers
- Deliver an assembly about the book
- Deliver a speech about the book
- Do a competition and see who should get a free copy of the book

As we can see, there are certainly some brilliant ideas on how we can promote our book!

Next on the agenda before we had our break was to discuss about how does physical exercise help young people and why is it important? We are keen to keeping active our top priority within the MSC. The young mentioned that it helps them to be happy, motivated, to be ecstatic, if you are happy, you tend to live longer! It is fun, it helps you to keep fit and healthy, improves teamwork, to make you feel stronger. They also mentioned that leisure centres should give out coupons to families who would like to try out different sports for free and once they decide which they like, they pay for it as well as you get to learn specific skills from sports as well as have more variety.

We then stopped for a break!

When we returned from our break, we cracked on with the next question on the agenda and it was about what helps you with your confidence, what helps to motivate you and what helps you to be more resilient?

- Friends
- Just doing it
- Teachers
- Encouraging people
- Sports help them to be motivated
- Believing in yourself
- Positive mindset
- If they want to win more games, they will attend more trainings to motivate them
- Do something you enjoy
- Swimming helps to relax
- Having a good quality sleep helps to have a better day ahead

The final thing on our agenda was to discuss about how we can get more schools and young people to be more involved in what we do. They came up with having a MSC badge for young people who are either ambassadors or who attends the meetings so young people can approach them and ask about what MSC is. To create videos based on activities, how it helps young people, to create MSC products and to sell / give them away, banners, competitions, deliver an assembly and finally, to have a week that is dedicated for MSC.

What a great meeting it was, everyone was so enthusiastic and really welcoming! I had to decide on who should be the star of the meeting and it was difficult because everyone was fantastic and got so involved! The star of the meeting was Oliver! He was enthusiastic, keen and had lots of ideas!

Thanks so much everyone!

Next meeting – Wednesday 24th May, 10am – 11:30am, **Venue TBC – if you would like to host, please let us know ASAP.**