

Minutes

Virtual School MSC Meeting

Tuesday 14th March PM

In attendance

Hereward

Ivy Chimneys

Dedham

Ravens Academy

Minutes

Our second virtual meeting of the day with 33 young people in attendance all sharing some wonderful ideas. Once we established where everyone was from, we kicked off with ideas on how these meetings can be improved. We had a range of ideas including:

- Music at the start of the meetings
- A fun fact about a disability or difference
- A chance to talk about our own schools
- More time at the meetings
- More meetings
- More communication with other schools
- Ideas on how to improve schools
- Different venues
- Activities
- Some singing or speakers

Ideas will be compared from across our Essex meetings.

Next up we discussed our book and how more schools could find out about it and use it too. A toolkit for teachers: Autism, ADHD and mental health came out in December and the groups would like to see the book in more shops, talk more about it, publish a second book, send to schools, do some posters, videos of young people reading the book, PHSE lessons on the book, include in school websites, a copy in every class, a video from young people or adults on how it helped, push more on the internet, talk to family & friends, better advertising, have someone read the book in schools, talk about it in assemblies, a reading competition in schools can you tell us what you think and put it in school newsletters. For four schools to come up with all of that we were very impressed. We then discussed why PE and physical exercise is so important for young people and they spoke about it being good for mental health, helps us to focus especially if we have differences like PE, gives you

vitamins, keeps you fit, it could lead to a job, helps you to meet people, helps your confidence, you can build your strength, helps with your future and teaches you how to work as a team. A report on all of this will be going to Active Essex.

Flying through the agenda we got to item number four where we had three key questions:

1. What helps build your confidence in school?
2. What motivates you in school?
3. What helps you to be more resilient in school?

Responses included:

- Friends
- Having rewards
- Knowledge on what's happening
- Having teachers who motivate you
- When you are put in front of your fears
- Trying new things
- Having a trusted adult to talk to
- Zones of regulation
- The daily mile
- Exercise
- Brain breaks
- Break times
- Sharing with others what is difficult

All these responses will feed into our targeted employment team in Essex.

In our final agenda item, the group helped us plan what a multi-school's film should look like and include. There were some really interesting suggestions including videoing a MSC meeting, getting children involved, focusing on friendships, information on autism and ADHD, ups/downs in school (young people being honest), share positive activities, make sure we visit different schools, smiles, short/snappy clips, include music, video's on what we have done, ambassador interviews, different differences, happy scenes, focus on disabilities, kindness, life lessons and focus on real life examples. Our plan will be produced over Easter.

Star of the meeting went to Roman from Hereward school for his idea on how to make the MSC meetings more engaging – well done to everyone involved!