

## **Minutes**

### **Multi School Council North Secondary**

**7<sup>th</sup> March 2023**

#### **Attendance**

Doucecroft School

#### **Apologises**

Langham Oaks

The Colne Community School and College

Clacton County High School

#### **Minutes**

The first North Secondary meeting of the term were held at Doucecroft school. Firstly, I would like to say thanks so much for hosting this meeting, they have been amazing! Lots of discussions were held by young people involved in the meeting.

First on our agenda, we discussed how we can make our meetings better for young people and we have received some great ideas.

- Hold the meetings in variety of places, for example, the garden centre, different schools, or the zoo!
- Improve communication between schools.
- Break down the minutes to make it more accessible (thank you Connor, that is a valuable suggestion).
- To have different things to talk about as well as follow the agenda.

The next question on our agenda, I asked about how we can try to promote our book 'a toolkit for teachers: autism, ADHD and mental health' as we are keen to try and spread awareness. They came up with:

- Sell the books in different places.
- To attend the parliament and sell it there!
- To create posters.
- To put it on school website
- Create signs around the school.
- To email it out to everyone, i.e., parents, teachers, support staff and so on.

Before we went onto our break, we covered one more area regarding physical exercise. I asked how does physical exercise make the young people feel?

- They dislike warm up because sometimes it can be too long or too tiring, especially with additional medical conditions.
- They feel teamwork is important because it helps people to be respectful of one and another.

- It makes them feel happy.
- It makes them feel good.
- They thoroughly enjoy dodgeball!

We went on a short break, and we covered through many discussions!

When we all returned from our break, we discussed about what helps young people with their confidence, what motivates them and how can they be more resilient?

- Being with friends.
- Trying new things.
- Trying new experiences.
- They feel comfortable if they are familiar with their friends.

Lastly on our agenda, we spoke about how can we get more schools and people involved in what we do? So far, all brilliant ideas throughout the meeting!

- To visit other schools and discuss about what MSC do and why they should be involved.
- More meetings to happen.
- To advertise MSC on school website.
- To create a video page on their school website about MSC.
- To advertise on social media.

Once of all, thanks so much to the young people who were involved in the meeting, lots of good and valuable discussions! I had to name a star of the meeting and it was difficult because I thought all young people contributed well! The star of the meeting goes to Connor! He contributed fantastically!

Thanks so much everyone!

Next meeting – Friday 19<sup>th</sup> May, 10:30am – 12pm, Venue TBC – **If you would like to host the next meeting please let us know ASAP.**