

Minutes

Multi-schools meeting - Tendring

Holland Park

Friday 10th March 2023

In attendance

Cann Hall

Holland Park

Chase Lane

Spring Meadow

Holland Haven

Alton Park

Mayflower

Alsford

Millfields

St Andrew's

Apologies - Great Clacton, Hamford,

Minutes

Another fantastic turn out full of diversity & brilliant ideas - North Essex is still leading the way with our meetings. Everyone was with us in really good time, and we were able to start the meeting promptly! Once our introductions were done we got down to discussing how these meetings can become better. Ideas included having more time to speak with people, a chance to make friends, have a tour of the school, more meetings, name badges, do some activities, make sure schools are following up on the meeting ideas, more children's ideas on the agenda, include a quiz, have some books, take back something from the host school as a memory, rewards, sign up for more things that we offer, include art

and do more votes as part of the meeting. We will be looking at common themes from our 10 Essex meetings, of which this is the last for term 2 (in person).

Following this it was time to discuss our book, A toolkit for teachers: Autism, ADHD and mental health: https://www.amazon.co.uk/Toolkit-Teachers-Autism-Mental-Health/dp/B0BP4D27Q9/ref=sr_1_1?crid=3SY5ADJMZLPIE&keywords=a+tool+kit+for+teachers+autism%2C+adhd+and+mental+health&qid=1678453692&sr=8-1

We asked for ideas on how more people could find it:

- Create some posters
- Do some videos
- Tell your friends
- Get links to it on our school websites
- Have some kind of fun task linked to the book
- An article in the newspaper
- Get on the radio
- Create an audiobook
- Do assemblies about the book
- Send copies to schools
- Tell headteachers about it
- Do some things on YouTube about it
- Class meetings about it

All the ideas will be looked at alongside what the rest of Essex is saying too! As we had such a big group, we stopped for a break here and Holland Park had very kindly put on cakes and drinks for everyone. There was such a buzz in the room which was so great to see!

Next up we asked why PE and physical activity is so important for young people, following it being voted in back in 2021 by young people across Essex as a priority. We heard about:

- How it builds friendships
- Helps reduce anxiety
- It's fun!
- It can help you be happy
- Helps you to be yourself
- Helps your heart
- Good for your body

- Keeps you fit and healthy
- It helps you to feel energised in school
- It can give you career opportunities
- You feel good about yourself
- Gives you a chance to get outside
- You can feel included
- It helps with your confidence
- Helps you to get a new hobby

We will be writing this feedback up and look at how we can work with Active Essex to promote school sport.

In the next part of the meeting two of our MSC ambassadors Suzi and Ava-Grace led the way with getting ideas from the group. We asked everyone, in school what helps build you confidence, motivation and resilience? We had comments such as teachers help, friend, getting feedback on what we do, swimming lessons, a positivity box, working towards something like SATS, making lessons more fun, praise from others, advice from friends, inspirational quotes and displays and having someone to talk to. The reason we focused on this was looking at how we prepare young people to leave school and find work, with these three elements being very important. It will also help with our mental health work in schools.

And finally.... we want to create a MSC film (or maybe several) which is planned and delivered by young people. We asked, what should the plan and include and we weren't disappointed with the suggestions: Have mini-movies into clips, include some role play, get young people talking on the video, include music, get a celebrity involved (possibly Colchester United), include different topics, get it on TV, go to different schools, record some of our online footage, record learning from what we do, talk about our differences, include some of our key ideas, make sure it has subtitles and put in inspirational quotes. There is a lot there for us to work with.

Star of this meeting for helping her friends and contributing throughout was Audrey from Chase Lane - well done to you. We did have a clap for everyone because the ideas really were on another level!

Next Meeting - Tuesday 16th May, 10am - 11:30am, Holland Haven Primary