Braintree MSC Meeting

3rd October at 10am

Location: Notley Green Primary School

**Attending:** Beckers Green, Felstead Primary, Notley Green, Terling Primary and Howbridge Junior School

**Apologises:** John Buyan, Edith Borwick and John Ray School

**Minutes**

Thanks so much to Notley Green for being an amazing host!

I kicked off the morning by asking young people to discuss about transitions and how we can make it easier. They all came up with great suggestions!

* Practising walk to school if you are going to secondary school.
* Give space and reflection to digest moving to new classes.
* Having some breathing techniques
* Sharing new things about yourself with new class to get to know each other.
* Have a smile on your face and be brave.
* Play games in your new class to make everyone smile and feel less worried.
* Write a diary about the feelings you’re having.
* Talk to someone.

We then moved onto the next thing on the agenda, which was about communication, i.e., what do we use to communicate with other people and what may stop us from communicating?

* Sometimes when things go wrong – admit it went wrong and move on
* Having nerves or anxiety makes you not want to communicate.
* If you had an argument with someone, you may not want to communicate.
* You can write on the whiteboard on how you are feeling.
* Sometimes we may not want to speak if English isn’t our first language.
* Having support from our friends helps us to communicate.
* Friendship benches helps us to find someone to talk to

We had our break with biscuits! Everyone was all playing outside which was lovely to see!

Onto our next agenda, we spoke about SATS/ exams and what was our thoughts. Some interesting discussions!

* Some of us are not worried as our teachers tell us what we need to know.
* Sometimes we find them hard, but challenge is ok.
* Some parts of the exams are hard as its tricky to remember things.
* Exams can be scary as you get stressed and forget things.
* Pressure can be difficult to cope with, but you can only do your best.
* Doing tests help your teachers know how to help you.
* Exams and tests prepare you for secondary school.
* Tests sometimes stops your brain from working although we know the answers.

Final thing on the agenda was about how can we fundraise and spread awareness about what the Multi-Schools Council do.

* MSC Disco
* Colour runs.
* Fun run
* Fete or fair
* Lottery/raffle
* MSC Cake sale
* Preloved sale
* Raise money for MSC library: all schools of MSC can share books for children with additional needs.
* MSC schools could invite children to spend the day at their school.
* MSC Schools can share equipment: we could raise money for this.

Thank you to all the schools for attending the first Braintree MSC Meeting of the term, I really have enjoyed it and it was great to see all the children and young people involved!

**STAR OF THE MEETING** – Harry from Beckers Green as he grew confidence as the meeting went by which is great to see! Great teamwork!