**Minutes**

**Multi-schools meeting – South Essex**

**Canvey Infants**

**09th October 2023**

**In attendance**

Canvey Infants

Glenwood

Canvey Juniors

Essex SEND team

**Apologies –** Castle view, Sweyne Park

**Minutes**

In what was a smaller South Essex meeting this time around after picking up momentum last academic year we were still able to hear some terrific ideas. What was great about this meeting was such a mix of ages and abilities that worked well together. The first agenda item focused on thoughts around transitions and things that could help. There were many suggestions including being surrounded by friends, have good teachers but being able to meet them first, playing games with adults so they get to know each other, going on trips together, the teachers knowing about us, making sure we all support each other and having support from older siblings. Ideas will be included in our ambassador’s transition programme that they are currently putting together.

Next up we discussed communication & all the things linked in that may help young people to communicate:

* Feelings boards
* Having teachers available
* Support from friends
* Using and understanding body language
* Drawing a picture
* Using sign language
* Having an inside out box (like a worry box)
* Getting a hug
* Using things like happy minds
* Playing games
* Yoga
* Understanding how to control your emotions
* Having something to eat
* Going swimming
* Having enough sleep
* Using show and tell times in class

Lot’s of great thoughts and different from what we have seen in other parts of Essex.

After our break was a chance for the group to talk about exams & tests. All thoughts were welcomed, and the conversation included feedback like:

* Get more support from teachers
* Take breaks in exams
* Use yoga to help
* Try breathing exercises to help
* Have friends that can help
* Hold someone’s hand
* Timing us doesn’t help – it’s just frustrating and makes us panic
* We don’t like them
* Makes me think of blood tests
* All we can do is try our best
* Give us more practice time
* Could we have more clues to help us
* Have more advice on how to relax our bodies

There will be some follow up directly from the MSC on this point.

Our final discussion centred around having a big fundraiser(s) to help keep our work moving forwards. The group would like to see a big raffle across all the schools, a huge talent show, a colour run, a snack/bake sale, a fun day, a big disco, a boot sale, a big obstacle course, a mascot sale or a big gymnastics event were the ideas today. The idea about the mascot sale promoted us to share our mascot Banjo with everyone!

We finished our meeting in the same way by picking a star of the meeting but again we had two stars! Both for lot’s of positive engagement and the stars were:

**Eden from Glenwood & Hadi from Canvey Infants!**

**Next meeting: Tuesday 12th December 10:00 – 11:30, Robert Drake**