**The Multi-schools meeting notes**

**Date & Time: Friday 6th October, 10:00 – 11:30**

**Chair: Kierran also attended by Kayleigh**

**Attending**

Copford (host) Heathlands, Littlegarth, Doucecroft, St Michaels primary, Langham, Braiswick, Lawford

**Apologies**

Stanway fiveways, Hazelmere, NEECA, Colchester City Council

We had an awesome meeting with so many young people sharing their AWESOME ideas today. We had lots of really fantastic discussions.

Song played – With a little Kindness.

Introduction were made.

**Discussion - Transitions – *As you move year groups or into new schools what would help you more?***

* Have all of your friends with you.
* It would be helpful to know where you are going.
* Good to be able to see the school in action.
* Meet the new teacher.
* Peer support – Someone you know in the class.
* Safe place to go
* A book to write your worries (transition book)
* Knowing where the classroom is
* Transition days – Know what you are doing.
* Teacher coming to see you in your current class before moving.
* Get to know the teacher.
* Teachers should learn about the students and their interests.
* Something from the old class an object maybe
* Knowing someone
* Trusted adult to show you around.
* Group that you feel comfortable with.
* More responsibility
* Building Courage
* Drawing
* Mix tables.
* Greeting younger ones
* Others helping
* Kindness Support
* Building Resilience

**Communication – *What helps you and your friends to express yourself or what might stop you?***

* Quite area
* Trusted person
* Worry monster.
* Worry dolls that can be taken home.
* Emotions
* Using hands -sign language – drawings
* Writing stories
* Easier to have a friend with you
* Describe what you are feeling and not why you are feeling it.
* Device to talk to
* Knowing you don’t have to share everything.
* Emotion sheet
* Saying your feelings
* Worry room – safe room.
* Animal therapy
* Worry button.
* Communication cards
* Morning checking
* Write it down.
* Worry chart.
* Breathing exercises
* Focus on one thing.
* Common ground
* Sign language club
* Therapy room
* Buddy bench
* Listeners
* Important to know you are being listened to.
* Calm area.

**Exams (Thank you to our advocates Tilly and Charlie who helped lead on this one)**

* Time to read and understand the question.
* Too much pressure
* No time limit.
* Try different ways of doing things.
* Choose the day (more autonomy)
* SATs are scary. More practice in the environment
* Some people like them
* Pet of something like therapy animal to support.
* Fun activities to relieve the stress.
* Own space
* Talk to teachers in the morning.
* “I despise them – Do not do them – have a calculator and answer sheet”.
* Methods to help.
* Resources and practice
* Have food before the exam (bacon roll in the morning)
* White boards
* Feel nervous before but relieved after
* Timing of the test
* Setting a routine
* Speak to older siblings and parents.

**Fundraising – *A big groups of school’s event that could help raise money & awareness about what we do – ideas?***

* Sponsored walk x 2
* Make things to sell
* Small marathon all school
* Tuck shop
* Pay to do things different – change the day
* Fun run
* Crazy hair day
* PJ day – Non uniform day
* Bake sale x 2
* Winter fate
* Unique day
* Summer fates – Bring the MSC
* Buy something in schools.
* Snack cart
* Design Pictures
* Cozy day
* Smartie eating day
* Use the school website.
* Games day

Thank you all for coming and sharing some inspiring ideas.

The star of today’s meeting went to Florence from Heathlands Primary School. Well done, Florence!

**Next meeting: St James’s primary, Monday 4th December, 10:00 – 11:30**