**Harlow -WEST MSC meeting**

**Date : 3rd October 2023 – Time 10:00am**

**Location : Harlow College**

**Attending : Harlow College, Ivy Chimneys, Pear Tree Mead, Hereward**

**Apologies: Alderton, Harlow Fields, Fawbert & Barnards, Moreton, Nightingale, Coopersale & Theydon Garnon**

Introductions made!

Award given for safe space comp! (Well done Georgia from Ivy Chimneys!)

Discussion:

**Transition Ideas**

* There should be tours so that young people can see what it is like
* Work in a new school should start at an easier level.
* Secondary school open days when the school is closed/ maybe when open too.
* *Life skills taught to all ages.*
* More support in the first weeks of new school especially for neurodivergent people (Emily Hay)
* Show work examples of what will be expected in the new setting. And an idea of what the progression will look like
* BULLYING – being placed in supportive peer groups, work with older year groups to be more kind to new starter. “Heart to heart” with bullies to see what is going on in their lives. Zones for people.
* Make lessons more interesting – more focus on own interests.
* Support in all classes not just the ones that they aren’t as good at.

**Communication**

* Using bands to express emotions – if you have a cold, a way to communicate the symptoms using a band.
* If someone is having a bad day, take them out for an act of kindness.
* A box and some paper to write worries down in, teacher can then read about the worries.
* ART – Express feelings with art
* 1:1 private area to have a conversation and not in front of the whole class
* More to support young men’s mental health – More communication support?
* Private are to express concerns.
* Mental health first aiders
* Using experience to relate to other people.
* Private are and safe space.
* Overwhelmed needs more understanding.
* Alternative communication aids to be more available in all schools.
* Trust – Access to a trusted adult.
* Early intervention to stop escalation of anxiety.

**Exams**

* Teachers should use encouragement and tell people they are doing their best (positive reinforcement)
* Nerves around SATS
* Seeing others do well can make you feel anxious if you’re not doing as well
* Exams are daunting – separate areas could help this.
* Anxiety – Staff should talk through to reassure before the exam.
* GCSES should be later – end of college.
* More help selecting subjects of interest.
* *Need to teach real life skills.*
* Need to go through questions that people don’t understand.
* Needs to be breaks during the exam paper.
* More time is needed in the exams.

**Fundraising ideas**

* Fayres with multiple schools (Stalls, tombola’s)
* Non uniform days to raise money.
* Play or production (this could be about mental health or another relevant subject)
* If it’s fun, then other schools might want to be part of it
* Market on the highway
* Parents can get involves.
* Cake sales
* Host gaming events
* Art therapy – who is your superhero?
* Non-competitive sports
* Festival (united in diversity)
* ART Gallery
* Make and sell cakes.
* Computer gaming
* Run a shop and market.
* Fun colour run.

**Stars of the meeting – Amy from Harlow College & Aaron from Hereward!**