Braintree MSC Meeting

4th December at 10am

Location: Beckers Green Primary School

**Attending**: Beckers Green, Silver End Academy, Terling Primary, John Bunyan and Bocking Street

**Apologies**: Edith Borwick, Howbridge Junior, John Ray, Notley Green and Felsted

**Minutes**

Thank you to Beckers Green for being an amazing host! I really am sorry that we didn’t kick off the meeting on time but thank you all for waiting!

We started first thing on the agenda by discussing about anxiety and what does this mean to young people? Lots of great thoughts and perspective from our young people.

* Going to new places
* Feeling uncomfortable
* Feeling unsafe
* Feeling nervous
* We could be anxious because we have lost someone.
* Because we are alone
* Funny feelings in our stomach
* Before trying new things
* Before performing.
* It could be because we are angry.
* Feeling anxious about going on rollercoasters but feel fine afterwards!

Anxiety means differently for some people.

We then moved on to the next thing on the agenda which spoke about how we can use our mascot to help people understand our differences. We watched a clip which showed our Mascot!

* To attend meetings
* Banjo to attend different villages.
* To attend specialist events
* To attend leisure centres
* Attend school fares.
* School assemblies.
* Football matches.
* To create a poster (hold a competition)
* Mini teddy bears in the classrooms.
* Word of mouth
* Newspapers
* Adverts.
* PPT.
* TV
* Dress up as banjo!

Lots of great ideas about how we can utilise Banjo more!

We discussed about the benefits of outdoor learning and is there any challenges.

* Minimal stress
* Learn how to share and take turns.
* More fun to do outdoor learning.
* It can be more difficult to concentrate.
* More freeing
* Behaviour can be an issue when it comes to outdoor learning.
* Weather can be challenging, especially when its raining and cold!

Lastly on the agenda! I asked about what may stop young people from doing physical activity, and they had lots of great suggestions!

* Whether there is any space.
* Having self-doubts.
* Not enough time.
* Feeling anxious.
* Unsure whether they will be good at a sport.
* Because they are injured.
* Because they have disabilities.
* Requires adaptations.
* Money needed to pay for clubs.
* Not enough equipment’s.
* Too busy.

Thank you so much for attending the meeting and contributing lots of fab ideas/ thoughts! Id like to award two stars of the meeting to Lottie from Terling Primary and Jesse from John Bunyan for their great thoughts!