**The Multi-schools meeting minutes**

**Venue: Hogarth Primary School**

**Date & Time: Tuesday 12th December – 10am – 11:30**

**Chair: Kayleigh**

**Attending**

**Hogarth – Host**

**Shenfield St Marys**

**Quilters**

**Larchwood**

**Willow Brook**

**Thank to everyone who attended the Brentwood MSC meeting we had some fantastic discussions and feedback from the young people. Special thank you to Hogarth for hosting. It was great to see new young people attending their first meeting with us. The notes from the meeting are below.**

**Anxiety**

* **Confused – Desperate for an answer**
* **Scared and worried, a mixture of emotions**
* **You might not smile or be able to talk**
* **Feel anxious about ‘messing up.**
* **In a word full of sadness**
* **Sweaty**
* **Nervous**
* **Negative feelings**
* **Could scream in to a pillow**
* **Have a fidget cube**
* **Keep calm and think happy**
* **Squishy**
* **Daunting feeling**
* **You might want to do something but anxiety holds you back**
* **Talk to someone**
* **Inner critic and inner coach**

**Banjo**

* **Poster**
* **Assembly**
* **Essex radio**
* **School fate**
* **Fayre**
* **Visits**
* **App**
* **Social media**
* **Street part**
* **Visit SEN Schools**
* **Good to be different**
* **Adhd**
* **Walks**
* **Newspaper**
* **Hospitals**
* **Wear banjo bits at school**
* **Facts**
* **More colour on Banjo**
* **Banjo in a wheelchair**
* **Blind stick**
* **Wear bells for those with sight impaired**
* **Banjo plushy**

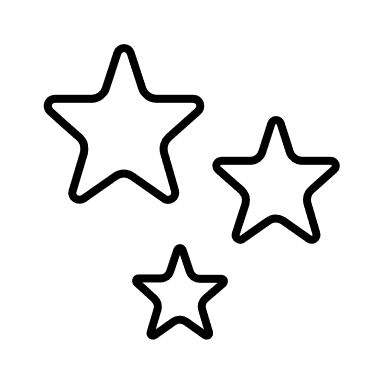
**Outdoor learning**

* **Weather a barrier**
* **Sport**
* **Accessibility**
* **Outside is peaceful**
* **Find new things**
* **Its fun with friends**
* **Can be arguments and disputes**
* **Stinging nettles and safety issues**
* **Free in nature**
* **Children not behaving**

**Physical Activity**

* **Gym Trail**
* **Paralympics**
* **Helps the mind**
* **Accessibility**
* **Unique and special**
* **Penatahlon**
* **Sport can make you angry if the rules are hard**
* **Children should make the rules**
* **Peer pressure**
* **Bullies**
* **Helps you keep fit.**

**Stars of the meeting**

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**Lia – Shenfield St Marys Primary**

**Alfred – Hogarth Primary**

**Special thank you to Henry for a great game idea which we all enjoyed 😊**