MID Secondary MSC Meeting

5th December at 10:30am

Location: Alec Hunter School

**Attending**: Alec Hunter

**Apologises**: Chelmer Valley and Columbuss

**Minutes**

Thank you to Alec Hunter for hosting and for a fantastic meeting! Lots of great thoughts were contributed to the meeting today!

First, we started with:

**Anxiety**

* Being judged by the opposite genders
* Being scared
* It affects your mental health and your life
* Worrying and overthinking
* About your appearance
* Friendship – who can we trust and stick to
* Pressure and expectations
* Low confidence

**Banjo**

* Fantastic for children and young people.
* To show children/ young people who may suffer from anxiety or bullying as Banjo represents its ok to be different.
* it shows that it is inclusive.

**Outdoor learning**

* easily distracted.
* Bad weather
* Practical subjects to be done outside.
* Fresh air is good for the mind.
* It is calming.
* Classroom can sometimes be a negative environment so good to have a different scenery.
* Change in the environment means more stimulation for the young people.
* To have tutorial/ year groups outside for fresh air.
* Outdoor learning can be beneficial for those who may have ADHD or other learning differences as they can take in learning in that type of environment.
* Too much screen time to it is beneficial to be outside.
* Freeing to be outside.
* More sports options at break and lunch time.

**Physical Activity**

* Cold weather can stop us from getting involved.
* Should be required to wear hats and gloves in PE lessons.
* Due to cost of living, some people may not be able to afford clubs.
* Not enough time to have physical activity.
* Strict PE kit.
* Should wear unbranded clothes instead of following schools PE uniform.
* To wear comfy clothes.
* To base curriculum around weather – difficult to enjoy activities when its cold.
* Fat shaming could make people feel withdrawn and not want to get included.
* Need to have early exposure to lessen the stereotypical sports ie girls to play football, etc.
* Not encouraged to play sports.
* Peer pressure.
* Sometimes having sporty young people can knock other people’s confidence.

Thank you so much for attending, I really enjoyed listening to everyones contribution today – well done to all of you!