**Minutes**

**Multi-schools meeting – South Essex**

**Robert Drake Primary**

**12th December 2023**

**In attendance**

Robert Drake

Jotsman Hall

St Anne Line

Circles farm

Abacus

Thundersley

**Apologies –** Canvey Infants, Raw learning, Sweyne Park, Glebe school, Glenwood

**Minutes**

A bigger South Essex meeting back again! Once everyone had made it in (even the dog!) the meeting got underway! Our first discussion was on the word anxiety to see what young people’s thoughts were about it. Comments included, it’s when you could be shy, you re-illustrate a situation, could give you headaches, when you can’t do something, too much pressure, butterflies in the stomach, low self-esteem, when worried or find something difficult, it’s just a place of time you are in, your mind re-pictures what you see. Some really interesting comments that will be looked at with the other information collated across Essex.

Before we even started talking today we actually also looked at our mascot Banjo! This was in preparation for agenda item 2 – how can we use Banjo across Essex?

* They should stand for Anti-bullying
* Use in different assemblies – both SEND & mental health
* We could have a day wearing bright colours that Banjo is linked to
* Link in with children in need
* Have some banjo badges
* Banjo to support mental health
* Go to different schools
* Help explain differences
* A banjo day
* A banjo theme song
* A banjo show
* Should be linked to laughter
* We need more pictures of Banjo everywhere
* They should focus on different disabilities
* Banjo stickers

Lots of exciting ideas for our ambassadors to consider! After all those ideas it was time for a break. Following our break we focused on outdoor learning, with the pro’s vs the con’s:

* It provides fresh air
* You get more chance to talk with friends
* You get to see nature
* Can be more fun
* Can be more noisy
* Some people can get too excited
* Can be too muddy!
* Some people can have different allergies
* Can be more dangerous
* More space can be good
* When the weather is cold it’s not as good
* Can be good for your mental health
* Too many flies
* Nature walks can be really good
* A chance to try new activities
* Can be harder to write things down

Lots of clear views about this once again which we believe will be great for all types of different schools to read. The final discussion centred on physical health & what might prevent young people from getting involved in this area. There were a range of thoughts once again:

* When you can’t do something
* When you have an injury
* Too much focus on competitiveness
* Too much shouting
* Different medical conditions
* Feeling too anxious
* A disability
* Negative comments from others
* Not enough diverse opportunities
* Bad weather
* Lack of fun
* Illness
* Your height
* Other people’s behaviour
* Adults could be over worried about you
* Getting hurt

(thanks for the notes provided after the meeting too!)

Some interesting points for us all to focus on in terms of a universal offer across Essex when it comes to physical activity. Our star for this meeting was the brilliant Oliver from Abacus who was so positive throughout and contributed many brilliant ideas!

**Next meeting: Tuesday 13th February, Eversley primary**