**The Multi-schools meeting notes**

**Venue: Chace Lane Primary School, Chase Lane Harwich, CO12 4NB**

**Date & Time: Friday the 8th December 2023 -10am -11:30am**

**Chair: Kayleigh**

**Attending**

Chase Lane – HOST

Elmstead Primary School

Holland Haven

Holland Park

Millfields

Spring Meadow

**Apologies**

Alresford

Thank you to everyone who attended the meeting today it was great to see so many of you there. The ideas and feedback on our agenda items were fantastic. Special thanks to Chase Lane primary for hosting today 😊 Thank you to all the Young People who were fantastic participants in the meeting.

Anxiety

* Fast heart rate
* Feeling sick
* Fear of future
* It’s the future
* Overwhelm/overwhelming
* Task can cause it but also some help it
* Something new
* Fidgets can help
* Fresh air can help
* It can be caused by frustration
* When you don’t talk about your worries
* Tests and SATs can cause it
* Making things can help reduce it
* Walks can help
* Lack of sleep makes it worse
* Anxiety makes sleep worse
* Tummy ache

Banjo

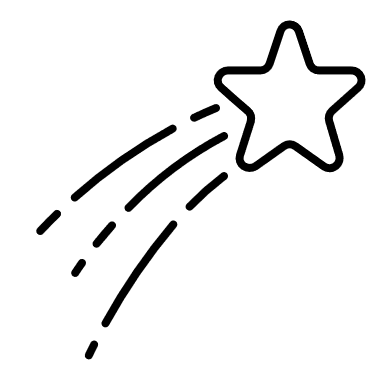
* Banjo sports day
* Help nursery too
* Own website/ social media
* Banjo assembly
* Posters – its ok to be yourself /its ok to be different
* Attend events/ assemblies.
* Go to shops and cafes
* Banjo Book
* Go on Y6 Residential
* Where is Banjo book
* Fundraising book
* Breakfast club
* Mascot teddies
* Signs
* Face on the car
* Be at the tests
* Carnivals
* Listen to people
* Banjo activity day
* Banjo interactive APP
* Award people for being themselves
* Go to lots of different schools
* Fact book about Banjo
* Talk to people out and about
* Location of Banjo – Track where they have been
* Sponsored walk
* Speeches
* Help people who are anxious
* More that one Banjo
* Banjo map
* Go to busy places to meet people
* Merch – wrist bands
* Go to football games
* Go to Young carers
* Have a QR Code

Outdoor learning

* Noisy
* Too many bugs
* Could have lunch outdoors
* Yoga
* Rain and wind could be a problem with paper blowing around etc
* You could get hurt or lost
* Easily distracted outside
* Windy and cold
* School meetings outside
* Forest school is good]
* Good for you mind and mental wellbeing
* Time can be barrier
* Space
* OCD
* Learn new skills / Survival
* Use wood and other materials to learn
* More access to practical and visual learning
* For example use counting and adding people instead of paper and pen
* Beach school
* Good to get outdoors
* Safety concerns

Physical Activity

* Allow children to pick the activity
* Sensible
* Not enough space
* Have alternatives – could ref or commentate
* Basketball, cricket, football and bike riding
* Different rooms with different activities
* SEND- Need to be more accessible for people
* If you are injured or disabled cant join in
* Funds/ lack of equipment
* Lack of confidence, don’t feel good to join in
* Escape room
* Joe Wicks
* Can get rough
* Fears and anxiety
* Worry
* Could fall out with people and then not want to do PE
* Bullying
* Bad mood and not want to join in
* Can help mood
* Make it more fun have activities like swimming
* Weather can get in the way.
* Escape room
* More options

Stars of the meeting:

* Austin – Holland Park
* Alexa – Elmstead
* Bonus star – Felicity – Chase Lane