**The Multi-schools meeting Notes**

**Venue: Doucecroft School, Abbotts Lane, Colchester CO6 3QL**

**Date & Time: Tuesday 5th December – 10:30am**

**Chair: Kayleigh**

**Attending**

Clacton County High School

Doucecroft - HOST

Tendring Technology College

**Apologies**

Colne Community School

Thank you to all of you that attending the Multi-School Council meeting for North Secondary, it was great to see TTC attending their first meeting with us. The young people all shared their ideas well and it was inspiring listen to what they had to say. Below are the notes of the key topics for this meeting. 😊 Special thanks to Doucecroft for hosting and showing us around your school.

**Anxiety**

ADHD can heighten anxiety.

Change and fear of future

Loss of something

Being uncomfortable

Caused by frustration and mistakes

Caused by feeling overwhelmed

Anxiety makes you feel sick

Makes you feel nervous

Makes you feel upset

Sometimes doing activities makes us feel anxious or better

Make you feel really upset

Lots of physical symptoms

Can lead to physical and mental harm

Hidden from the outside

Loss of a loved one

Peer pressure

Thinking positively and doing things you enjoy can reduce it

Emotional

**Banjo**

Have an opposite to banjo

Using school open days

Shirts and teddies for stalls

Raise awareness outside of schools

Pin badges

Come to events

Stalls out in town

Meet and greet in school hospital

Spot the difference

Merch

Small group therapy sessions

Pet dragon

Different ages

Scouts / cubs and uniformed groups

**Outside learning**

Distracting

Exercising

Fresh air

Fun way to learn

Weather can affect it

Sensory issues with weather

Animals and habitats

You get exercise and play games

Forest School

Beach school

Makes you feel calm and relaxed

Gives you a break

Nature

Lots of people like outdoor learning

People can be more or less disctracting

Lots of people like outdoor learning

More outdoor learning is wanted

There are practical issues and sensory barriers

More space that the classroom

Personal needs and preference

Just getting out for a walk can help

**Physical Activity**

Prevented by mental health, routine, obesity and judgement

People can get in your way

Weather

Lack of opportunities

Different learning / processing times

Teaching needs adapting

Group work is bad

Loud noises are difficult

PE needs to be more accessible

Group work is sometimes isolating

Stars of the meeting:

Crystal TTC

Anna TTC