**The Multi-schools meeting Notes – Colchester Primary**

**Venue: St James’ C of E Primary School, Colchester CO1 2RE**

**Date & Time: 4th December 2023 -10am -11:30am**

**Chair: Kayleigh**

Many thanks to those of you who attended the meeting today. Special thanks to St James’ C of E for hosting. The young people engaged really well and gave some fantastic ideas 😊

Anxiety – *What does this word mean to you or your friends?*

* Worries
* Trying a new thing can cause it
* Meeting a new person
* Stress
* Mixture of feelings all together
* Like an extreme worry
* Physical symptoms – nail biting, feeling unwell.
* Scared
* When you don’t tell anyone your worries you get anxious
* Not being good at a subject, like maths for example.

Banjo

* Merch – with writing on it
* Visit different schools
* Social Media – Banjo to have their own youtube channel or insta?
* Banjo song and get each school to add a line to it
* Visit piers.
* Make sure people know that Banjo is trustworthy
* Leaflets
* Have a Banjo Day!
* Banjo with a Banjo
* Banjo assembly
* Banjo badge and have a slogan about being different
* Banjo worry box (Banjo makes it Better slogan)
* Banjo sporting event where Banjo takes part in everything despite his differences.
* Plushies

Outdoor learning – *How does it help you? Are there any challenges?*

* There is a time and a place its not always practival
* Good to be out in nature x 3
* Its healthier in the fresh air
* Can learn practical skill like survival
* Good to learn outside with different resources
* Could have a nature day
* Summer is better
* Good to explore all the change in seasons
* Good to sit in nature
* Its peaceful
* Its good because you get lots of movement
* Good for emotional well being
* Its good because “the classroom is boring, just my opinion”
* Calming
* More space to be physical
* Some challenges are – everyone need correct clothing, wellies etc, staffing and there might not be time
* Good for learning more about your friends that being sat in class ( More interaction)

Physical Activity

* It helps us to overcome fears
* We should have more clubs
* Sometimes it is too complicated
* Sometimes its too hard and you feel like you cant do ut
* There should be more alternative activities for everyone
* Different to the traditional ones like football etc
* Disabilities can sometimes stop us
* A lack of confidence but friends can help
* We should have a multi sports day
* Some things can get in the way like puberty
* More space to express yourself
* There should be taster sessions so you can see what the club is like before joining it
* Sometimes the rules of games are hard and then people might get cross and swear.
* Good to be able to learn all the skills of a sport instead of having to play straight away.
* Have more clubs for disabled people after school
* Good for mindset

Stars of the meeting

Well done to:

* Andre from St Thomas Moore Primary School
* Jesse for NEECA Primary