Uttlesford MSC Meeting

12th December at 10am

Location: Great Easton

**Attending:** Great Easton and Birchanger

**Apologises**: Elsenham and Takeley Primary

Thank you so much to Great Easton for being such a fab host! I really enjoyed holding the chickens!!

Our first item on the agenda spoke about anxiety and what does it mean to the young people? Lots of different ideas down below from our CYP.

**Anxiety**

* Scared
* Lots of people
* Worried about the future
* Can seem small to other people but big for us
* Hard to explain emotions.
* Worried about being sick.
* Overthinking
* Dislikes small spaces so can make us anxious.
* Feeling uncomfortable
* No control over feelings
* Train tracks of thoughts, a vicious cycle.
* Triggers

We then looked at Banjo! How can we use Banjo to make other people realise our differences? Lots of fantastic ideas from our CYP!

**Mascot**

* Recognising that its ok to be different.
* Tagline (we are all different but not less)
* Adverts
* Books about banjo
* Internet
* Newsletter
* Miniature teddy bears (I heard that someone is very good at crocheting!)

We then went on a break and learnt more about the school itself, ranging from therapy dogs, chickens, and the sensory room! Brilliant to see 😊

We talked about how outdoor learning benefits us and is there any challenges. Honestly, I think we all like outdoor learning, varies of benefits!

**Outdoor Learning**

* Good to have movement breaks.
* Fresh air
* Clear your head.
* Cold air helps.
* Distraction
* Don’t like cold weather.
* Less noisy
* Some may not like movement breaks

Lastly on our agenda, we spoke about physical activity and what are the reasons that may stop us from getting involved. Lots of great discussion went on here!

**Physical activity**

* It can be dirty.
* Difficult to get out of hyperfocus.
* If you don’t click well with other people, it can be difficult to join.
* Feeling unmotivated
* Injuries
* If you are the only disabled person, you may feel low about not being able to take part in the activities.

I really enjoyed listening to the young people contribute lots of great discussion amongst their peers! Thank you all so much for coming and have a fantastic Christmas!