**Harlow -WEST MSC meeting**

**Date : 04/12/2023**

**Location : Pear Tree Mead**

**Attending : Ivy Chimneys, Pear Tree Mead, Hereward, Fawbert & Barnards, Moreton**

**Apologies: Oakview, Cooks Spinney, Braeside, coopersale & Theydon**

Although these meetings are all about the young people, we must give a special mention to all the staff who continue to support their own individual schools in attending these meetings – even some today with car troubles including running out of petrol! But we drove on we an improved attendance list since our last meeting. Our first discussion centred on the word ‘anxiety’ and what this word meant to them:

* Fear
* When something pulls you down
* Nerves
* It can be long or short anxiety – in terms of how long it lasts
* Social anxiety
* It can be mixed emotions
* When feeling sad or stressed
* Can mean we need support
* Loneliness
* When others judge you this doesn’t help
* If you don’t deal with it quick it can get worse
* The people we live with can create anxiety

Some interesting thoughts which will be shared with wider teams, including looking at our mental health training sessions in schools. Our final school joined us in time for discussing how our new Mascot Banjo could be used moving forwards. Here are some ideas discussed:

* Visit different schools
* Be part of our school assemblies
* Could be someone to talk to if times are hard
* Could support peoples mental health
* Attend fair’s
* Help to tackle racism
* Say how it’s good to stand out
* Send them to different sports festivals

Out of all the ideas using them in assemblies came up the most! We will be discussing a way forward with Banjo’s agents and our ambassadors! We paused here for a break where once again it was great to see how the group interacted with each other!

Bringing us back together after the biscuits we looked at the pro’s and con’s to outdoor learning from young people’s perspectives. The group felt it can boost energy levels, that generally it should be done more, it can help with imagination and that fresh air was good for them. However, the group felt when there was bad weather it didn’t work as well, you can sometimes loose focus more easily and that it can be very expensive to support. Also, the group felt it gets young people moving more, it can help people feel calmer, you can see different bits of the world, it can build life skills and teamwork skills, for some it works better as the class is too much and that generally forest schools is a good idea. Lots for us to take away from this discussion!

Our final item linked but focused on barriers to getting involved in physical activity. Here were the top answers:

* Hurting yourself
* Parents may stop you
* Challenges with your anger or how you feel about yourself
* Not understanding the rules
* Gender differences – boy’s thinking they are better than girls
* Your own injuries
* Negative comments from others
* A disability
* Home life
* Resources such as money
* The weather
* We could use indoor spaces more
* We should give young people more roles in sport not just playing

We will be bringing together this feedback to work closer with sport focused organisations! Before our end of meeting picture, it was a chance to name our star for this meeting. As always a very difficult choice but for this meeting it went to Josh from Fawbert & Barnards for his thoughts on anxiety and including different children’s ideas. As he said ‘Children are the future leaders of tomorrow!’ . Well done to everyone involved.

**Star of the meeting – Josh, Fawbert & Barnards**