**Mid Secondary MSC Meeting**

**Alec Hunter**

**14th March 2025**

**Attendance**

Alec Hunter

Chelmer Valley

ECC Engagement Facilitator

**Apologises –** Chelmsford College, Thriftwood College, Plume Secondary

**Minutes**

Enthusiasm in the room as the meeting started with two Secondary schools who are really leading the way across Essex with their MSC involvement (more of that to follow!). The notes were also brilliantly collected by Rachel from the ECC EF team.

Our first discussion centred on what would support getting young people back into schools:

* Have more practical things to do in lesson.
* More areas to play, like a activity zone. Structured activity place, and age appropriate.
* Computer room open at lunch and break.
* More fun things, instead of just writing.
* Staggered year group starts.
* New learning environments, switching classrooms or having lessons outside.
* Secondary forest school
* More uniform options and having the option to dye your hair and express yourself.
* Structured fun lessons through the day
* Seating plans and being able to discuss with your teacher how you feel about them.
* Chose a buddy to be in form with you.
* Year 7’s go to Year 11 to see what it is like.

Some interesting ideas that will be looked at by the team. We then moved on to discuss ADHD. There were two parts to this question; how we could raise more awareness and what questions do they have about ADHD:

* Lessons learning about ADHD – curriculum
* A day about learning about it
* Making people awareness
* Giving teachers tool on how to deal with ADHD
* Lesson on different types of ADHD
* Reducing labels and giving people with ASD and ADHD ways to express themselves.
* Adding ADHD to PSHE
* Adding topics to PSHE - student lead
* Allowing students to fidget in lesson
* Teachers being aware of different learning styles and how students’ best way to learn.
* Approved fidget lists
* Teachers being aware who needs a fidget
* ‘How rare is it?’
* ‘Does it run through the family?’
* ‘Is it mainly in boys or girls?’
* ‘How to regulate people with ADHD?’
* ‘Can it start at a random point in your lifetime?’

For two groups this was a massive number of ideas! ADHD is one of our focus topics over the next 2 years so there will be plenty for us to focus on.

We then stopped here for a break with a twist! Chelmer Valley were presented with their BRONZE MSC award, only the second secondary school in the whole of Essex to achieve this – just behind Alec Hunter! The challenge now is to see who can reach Silver and Gold first and as part of this we explained how young people could become ambassadors.

Our last discussion was all about online safety and the things that could be done to help young people feel safer:

* Reduce screen time, a setting on the phone to reduce screen time.
* Webcams and chats at certain times
* Letting parents go through your phone
* Don’t talk to people you don’t know online
* Self-restraint on not using apps and deleting apps
* Having clear age restrictions on certain apps
* Having clear boundaries with friends and not fearing cutting people out your life.
* Raising awareness on how to use the internet and the dangers around.
* Primary school having more awareness.
* Having child friendly versions of different apps
* Having restrictions when butting your age in, for example having a parent putting their thumb in when a age needs to be entered.
* Having lessons about electronics in primary
* National No electronics day.
* Filtered web browsers depending on age
* Learning about responsibility with electronics.

Once again fantastic ideas that will be looked at as part of gathering the views from across Essex. All that was left was to nominate a star of the meeting and this time it went to Sirage for his brilliant confidence and ideas throughout!

**Next meeting: Thursday 26th June, 10:30am – 12pm, Alec Hunter Secondary**