

MSC meeting
Thursday 14th February 2019
WEST ESSEX MEETING MINUTES
10:00 - 11:30

In attendance

The Endeavour
Wells Park - Host
Brightside Primary
Gill - Project ability
Active Essex
Cooks spinney Academy

Minutes

After our usual welcomes it was fantastic to get our last strand meeting of the term underway. I asked the children to consider the most important things in their lives right now and anything that may worry them. After a long discussion the children generated the following thoughts:

- Going out in public and how they will be seen by others
- Not getting a job
- Worrying about family illness
- Being bullied, especially cyber-bullying
- Peer pressure

The ideas will form part of the 3 new topics vote during the next MSC meetings. After this I was then set some information by the council for disabled children who want to collaborate with the MSC. They asked some questions about what people are important to children and what makes those people good supporters. The children said people like teachers and doctors need to be helpful, good listeners, they look out for you, showing they generally care and seeing you for who you are. They said bad supporters were those that did not pay attention and spoke over you, spoke about you while you can hear them, showing negativity, not showing respect and being rude towards you. These minutes will be shared with the council for disabled children.

Before our break we discussed the 'small great things' initiative setup by Essex county council. I asked the children to think about things that people do to support others in need. They included ideas such as having

time to speak to a friend, using sign language in the classroom, sharing feelings in the classroom, promoting more teamwork, having ear defenders in every school, allowing 5-minute time out cards and always having someone to speak too. It was then time for a chat, drinks and biscuits! I must mention Ethan from Wells park who looked after me fantastically well!

After the break I started by giving the schools information about our upcoming projects. We then spoke about mental health and resilience in schools. Our ambassadors have made it a priority of our council and want the children to discuss ideas on how to improve awareness and resilience in schools. The children had so many different ideas;

- Every school to have a sensory room
- Every school to have a councillor
- Encourage healthy eating and drinking more
- More circle time opportunities, talking about feelings
- Give children special books to draw or write their own thoughts
- Allow more walking and exercise
- Allow more relaxation time
- Promoting deep breathing
- Having more animals in schools
- Ear defenders in every school
- Making sure every school as a quiet zone

All ideas will be considered as part of our resilient programme which we hope to launch in September. Now we have visited each strand the programme will be written over the next few weeks and will be trialled in the summer term.

Finally, we discussed our new YouTube channel. I asked the children what they felt would be the most effective videos to raise awareness of the MSC. The children said videos needed to be funny, include tips on how to remain calm, learning videos, include ads, interview children about their schools to raise awareness on how they are all different, advice on animals in schools, information on Autism, famous people and other SEN information. Most of the input will begin from September but you can now follow our channel at the multi-schools council (one child did say the channel should be re-named!). Star of this meeting was Aiden from Brightside primary school for talking so openly about his autism.

Next meeting - Thursday 6th June, Venue TBC