



## Voices of Hertfordshire

### Voices of Hertfordshire Primary Meeting Minutes November 2024 10 – 1130am

#### North Herts 18<sup>th</sup> November 2024 – Shephalbury Primary School

<u>Agenda item</u>	<u>Discussion</u>	<u>Actions</u>
<b>Dilemma Alley</b>	Each pair decided on a dilemma to pose to another pair from a different school. This could be a lived experience for example supporting someone with sensory need through a fire drill. All young people really engaged and lots of real life situations discussed for example, trying to be on time for school when your sibling is dysregulated and unable to leave the house. Ideas for how to navigate from group.	N/A
<b>Charlotte Sandford and Katherine Feander from Mental Health Schools Teams NHS visiting <b>Key question – ‘How can adults support your mental health?’</b></b>	Began the conversation with Banjo as the young people are familiar with the mascot. Discussed how last time we spoke about how to advocate for hidden disabilities. Today focused on mental health, considered what mental health conditions there may be both short and long term. Charlotte and Katherine will use the feedback from this session and others across Voices of Hertfordshire to consider how to change schools offer for mental health with their team. <b>Key points were:</b> <b>Exam / test worries</b> <b>Concerns over being different to others</b> <b>Jealousy of those who do not have conditions / disability</b> <b>Being given time out to discuss what they are worried about but not being spoken to when dysregulated.</b>	Charlotte and Katherine to send details of changes made as a result of today's session back to <a href="#">Sarah Stevens</a> for feedback to young people on difference they have had on materials
<b>Social media takeover day</b>	Watched the experts by experience launch of the social media takeover day: <a href="https://youtu.be/oDMFwziFtdc?si=GGNTMf-vN5Rnm_mf">https://youtu.be/oDMFwziFtdc?si=GGNTMf-vN5Rnm_mf</a> Provided planning time.	Schools to use the takeover toolkit (attached) to develop content / questions for the takeover day #sendtakeover2024
<b>Next meeting date:</b> <b>Monday 27<sup>th</sup> January 2024 - 10 – 1130am</b> <b>Fairlands Primary School, Pound Avenue, Stevenage, Hertfordshire SG1 3JA</b>		

Any questions please let Sarah know on [sarah.stevens2@hertfordshire.gov.uk](mailto:sarah.stevens2@hertfordshire.gov.uk)