**Share Zone meeting notes Colchester and North Secondary March 2025**

**Venue: St Andrews primary School**

**Date & Time: 4th March 2025 – 10am**

**Chair: Kayleigh**

**Attended :** St Andrews (host), Doucecroft, Copford, Myland, Lawford, Hazelmere and Herewood

**Apologies**: Broomgrove, Langham, TTC and Colne

It was lovely to be hosted by St Andrews Primary School on the 4th of March for our Multi Schools Council Share Zone meeting. We were joined by engagement facilitator Leah Beales who kindly recorded the notes. It was so nice to see so many of you attending.

We started the meeting by drawing and writing down our hobbies and interests and it was great to see so many different ones being shared between us and nice to see that we have similar interests to others.

Our next agenda item was how we can make schools more appealing and promote going to school; the children shared some excellent ideas

* focusing more on rewards rather than punishments, if we focus more on rewards there may be less negative behaviour
* More adults that have a better understanding of children and their needs all teachers should adapt for children
* Breaks in between lessons, colouring, calming activities
* A comfortable environment and adults to help
* Sensory equipment and fidget toys
* Someone starting school has friends to meet them
* Bring teddies into school so we have something from home
* More academic learning available in SEN provision
* Agents of change
* Warm welcome from teachers
* Have a separate room to relax if time alone is needed
* More outdoor learning
* More variety of PE
* Changing the curriculum
* Young people to choose their activities
* Each week a name is drawn out of a hat and that pupil chooses a subject (something they are interested in to learn about the following week). They can choose whether they present the lesson, or the teacher does would mean learning about topics you are interested in or fiends are interested in
* Flexible seating in class not everyone has to sit on chairs at the desk, could have standing desks rugs and bean bags
* Go outside for lessons if the weather is nice
* Have a day for fun and relaxing.

Following this we had a break, and all enjoyed some biscuits and refreshments as well as talking to each other. **During the break it was lovely to present Heathlands with their Bronze award! Well done Heathlands Primary School**.

After the break we moved on to our next agenda item, what would make children and young people feel safer online:

* Tell a trusted adult if someone is being mean online
* Restricted age on apps and games
* Blocks put on
* Password protection that only adults know
* Parental controls
* Parent more aware and calmer approach to support]
* Ban unsafe games
* The older they become the more access they should have
* When downloading a game parents fer a notification of that game
* Apps to block scammers
* Notification sent to parents if a game is not age appropriate
* Technology wall that blocks scams

Our final agenda item was ADHD and what we should be focusing on to raise awareness:

* Not punishing and more awareness
* More awareness of ADHD Paralysis
* More places to get on the waiting list : A hospital just dedicated to ADHD
* Be given breaks to regulate more
* One half of a room calming and one half for movement
* More awareness that ADHD can present differently and may not always be hyperactive
* Misunderstood, not enough awareness
* Add more fun in to lessons and movement in to learning
* More awareness of why people may be behaving in a certain way,
* ADD Awareness and AuDHD awareness
* Should feel more included and not left out
* Be aware they may need more time alone
* There should be more peer awareness not just teachers
* Places to go at break and lunch times

It was a fantastic meeting with lots of input and ideas from the young people attending., Thank you to St Andrews for hosting and well done to Heathlands for achieving the Bronze award.