**Maldon MSC Meeting March**

**Venue: St Francis Primary School**

**Date & Time: 14th March at 10am**

**Chair: Amy**

**Attended**

**St Francis Primary**

**Sarah (engagement facilitator)**

**Leah (BSL interpreter)**

**Apologises**

**Woodham Walter**

A big thank you to St Francis for hosting the FIRST ever Maldon MSC meeting!

**Agenda**

1. Introduction – *Each person will write down or draw their favourite hobby/interest. then give it to someone on the other table. During the break they will then speak with the other person about their hobby/interest.*
2. How can we promote going to school? – *What would help you and your friends?*

* ***Regulate for a couple of minutes outside the classroom before class starts***
* ***Brain breaks***
* ***Sensory Rooms***
* ***Daily mile / fresh air***
* ***Colouring or reading***
* ***Speak to someone you trust***
* ***Knowing what we will be doing in class the day before***
* ***Fidget toys***
* ***Good teachers***
* ***Making friends***
* ***Friendship bench in the playground***
* ***Having a toy in each classroom.***
* ***Drawing stand in the sensory garden.***

**BREAK – Find your hobby/interest and discuss with a partner.**

1. What would help more young people feel safe online? – *Social media, gaming, any technology.*

* ***Don’t cyberbully***
* ***Tell a trusted adult if you are being cyberbullied***
* ***Block people (even your friends if they are being nasty)***
* ***Restrictions / parental controls***
* ***Don’t play for too long***
* ***Don’t share personal information***
* ***Have good passwords***
* ***Only play with people you know***
* ***Check for different names to usernames***
* ***Being supervised with social media and gaming***
* ***Roblox – don’t send or receive gifts***
* ***Check with an adult before watching videos on You Tube***
* ***Check with an adult before playing games or using social media.***
* ***Stick with the age limit***

1. ADHD – *How could we raise more awareness? What would you like to know?*

* ***Learn about ADHD at school in lessons or assemblies***
* ***Research***
* ***Raise money by doing special days at school***
* ***Ask if someone is comfortable talking about it and then ask them questions***
* ***Sharing strategies with each other***
* ***Having people with ADHD come and talk to us***

What we would like to know

* ***How do you know if you have ADHD?***
* ***How does it feel?***
* ***How does it affect people?***
* ***What percentage of people have ADHD?***
* ***How does medication help?***
* ***What are the symptoms?***

Thank you so much to everyone who contributed brilliant ideas and suggestions! The next Maldon MSC meeting is on Friday 27th June and we are looking for a host, so if you want to host – please let me know! 😊