

Wensum council - a strong voice for our young people

Council meeting 22/01/21

SIDP: Behaviour and attitude

Strand 2: *respect for our shared spaces*

Strand 3: *promoting physical health and wellbeing*

Strand 4: *happy and safe play at break and lunchtimes*

Meeting details

1.30 - 2.15

Chair: Pete

Minutes: Mark

Councillors attending

All new councillors (cohort 2)

Year 3: Ahmed, Aaliyah (Unicorn), Maria (Pegasus)

Year 4: Eden, Leo, Aiden (Phoenix); Jasmine and Ella (Griffin)

Year 5: Lily, Armando (Yeti);

Year 6: Jala (Sphinx); Vilte (Dragon)

Absent: Please note this was our first lockdown Wensum Council Meeting, with class reps accessing the meeting via Zoom.

Year 3: Amelia (Pegasus)

Year 4: - Grace (Pegasus)

Year 5: -

Year 6:

Agenda for class discussion week beginning 25th January: Creating healthy lessons:

It was raised in the discussion that teachers should look at how they structure their lessons and see if they can include some element of exercise *within the lesson*; a 5 minute activity. Discuss with your classes what this could be / how it could work.

Also, preview the Year 3 booklet created for WaS which is intended to promote physical and mental wellbeing.

Minutes from the meeting			
Agenda items from previous meeting	Further action agreed (15/1/21)	Update and discussion (22/1/21)	Agreed actions and next steps
Happy, healthy and safe at break and lunchtimes	<p>Staying healthy at home: I think the point of staying healthy away from the screen can be picked up further next week. Can you discuss this in class meetings before next Friday's meeting</p>	<p>Introduction: a news article from this morning about the concerns many are having about the long term physical impact of spending too much time in front of a screen, not least how this can affect eyesight.</p> <p>The meetings this week were intended as a forum for discussing the health issues with home learning and exploring possible solutions.</p> <p>Feedback on class meetings:</p> <p>Year 6 (Jala and Vilte): Raised the issue over the impact too much time on tech can have on relationships with children getting addicted to the screens and getting angry / frustrated when asked to come off by parents. Family fallings-out over tech! Too much tech</p>	<p>Suggestions:</p> <ul style="list-style-type: none"> ● When you are working at home take a break outside between lessons like we do in school. There is 15 minutes. Get some fresh air. ● Create a routine (like Eden walking the dog first thing 'before school') ● Play with toys / games that are not screen based ● Hobbies ● Creative activities ● Healthy eating ● Lots of exercise <p>Agenda for week beginning 25/1/21:</p> <p>See above</p>

		<p>time can 'change your behaviour' Described as tech 'fiddling with your brain, it was suggested that hours spent on screens can 'distract you' from the real world. This has been an issue for a long time, but when children are also being asked to spend up to 3 - 4 hours on school work as well this could become a huge problem. Mark Swan asked the children if they then went on screens <i>after</i> their school work, and therefore extending screen time!</p> <p>We heard from Year 3, 4 and 5, and the feedback was more about the things we need to do to keep a healthy balance during home learning</p> <p>Year 5: Armando talked about the importance of exercise and that it was good for 'your energy, makes you stronger' and it is good for your bones.</p> <p>Year 4: Importance of walks, spending time doing your hobbies, and playing with toys and games that are not screen-based (Leo). Healthy eating was also raised, as was doing lots of creative activities like drawing and painting (Jasmine). Eden and her family get up and take the dog for a walk like they would do normally. Keeping to this sort of routine is very beneficial. Eden talked about 'going to school' even when she is</p>	
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		at home! Ella suggested that we could take a break in the middle of each lesson.	
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