



POWER Workshop Minutes: Thursday 15th November – Positive Mental Health and Outdoor Space

- Huge well done and thank you to the POWER Reps who are representing their tutor groups at the first POWER Workshop.
- **Thank you to Mrs. Damianou and Ms. Long for attending on behalf of the School's Governors'**
- Thursday's workshop event focused on positive mental health and the outdoor playground space at Carshalton Boys.
- Students were split into their respective school houses and a representative from each year group apart from sixth form was present at most tables in order to get a view from each key stage.
- Thomas Kimbembe Mafwa spoke on behalf of the board monitors and informed the student council where the board was located and what information had been put up in response to the meeting on the 27th of September.
- The workshop commenced with information from Miss Slinger and Miss Whittington regarding what is positive mental health and statistics to help the POWER reps in the mind-set of the workshop.
- **POWER REPS: please ensure you discuss this with your tutor groups and send any further ideas/suggestions to Miss Slinger or Miss Whittington.**

Below is a list of questions which were asked to the houses for suggestions and feedback on positive mental health and playground space. These were all discussed during the POWER workshop, students were sat in groups in their houses and were given a question relating to playground space/positive mental health to discuss. Each forms' notes can be seen below:

1. Churchill – How can we talk about mental health and how can we improve the playground to help with mental health?

- Talk to a teacher
- Tell someone you trust
- Parents
- Head of year
- Go to tutor
- Talk to councillor
- Be honest
- Be open with who you talk to
- Visit the school nurse

Improvements

- **Make clear to all where all the nurse is**
- More ping-pong tables
- More green spaces
- More lunch time clubs
- More places to sit and relax at lunch and break
- **Small footballs allowed - not just tennis balls e.g size 3 and below?**
- Art space that will not be judged just for relaxing

2. Elgar – Are there enough places to sit and talk in the playground? If you would like more seating or alternatives, where and what?

- There are too many places to sit around, can these be moved so they are altogether?
- Replace the greenhouse and make it a quiet seating area.
- Move the benches towards the alley near the art block. Put a roof above it and block the entrances to make it a quiet zone.
- Have library lessons after year 8.
- Have more seating area in the sports hall e.g. more seats by the astro turf.

3. Fleming – Apart from PE, how else would you like to keep active at break or lunch time? Are there any other things you would also like in addition to basketball and table tennis?

- More football goals and table tennis tables.
- People should be allowed to be inside
- Chess or checkers club.
- More music rooms
- Each house could have a common room with different activities
- A running club

4. Masefield – Are there other new skills outside the classroom that you would like to learn? What are these?

- Different subjects in PE e.g. American football
- Change sport every half term for leisure
- More PE in Year 11
- More group work so you can focus more on teamwork
- Drama scripts can be more fun
- After GCSE options, have other subjects available
- Have unique clubs e.g. art, drama, game design and 3D modelling etc. and do them more often

5. Nuffield – Do you feel that we encourage creativity? How else could we encourage it?

- We feel more could be done to encourage people to be creative and explore their talents.
- More freedom within lessons and have more homework which are project based.
- Increase after school clubs such as art, DT etc. which encourage creativity.
- Homework tasks which are 'independent/do your own thing' which is related to the subject. For example, castle building instead of written projects or maths equations.

6. Pankhurst – What causes poor mental health?

- School work makes students stress. Students worry too much.
- The people you surround yourself with could be a negative influence on you.
- The school's environment is a bit grey.
- There is not enough personal space. The playground is too small.
- Homework can make students miss their break and lunch time.
- Negative home life can be brought into school.
- Segregation can be seen in the playground. Those that have money and those that do not.
- No lockers
- Forced to play outside when some students want to play card and board games inside.
- Clubs to help student's express their emotions.
- Phones and social media create unrealistic expectations for the youth

7. Rutherford – Do you think there are any places in school that you can relax at break or lunch time?

- There could be 'safe rooms' with chrome books and educational games for students at break and lunch.
- Each class/year group could have a common room.
- Could Year 7 have more of an area.
- More ping pong tables for other year groups, not just year 7.
- More school clubs and activities at break and lunch.

8. Sinclair – Do you know what to do if you are suffering emotionally or feeling down? What strategies could CBSC put in place?

- There should be a school counsellor
- A phone number or email address which can be used if students want to discuss problems anonymously.
- Games on the computers for when students have finished their homework in the HZ block.
- Extra football goals
- More rewards
- Different sized footballs – acquire ball sizes 1 to 3.

9. Weir – How can we encourage students to have their own identity and be proud of this.

- Certain people to wear their own clothes based on attendance and behaviour points.
- More outdoor space
- Allowing the use of mobile phone at break and lunch times
- Supplied sport equipment – students brought up that footballs were deflated.
- No school uniform
- More reward trips

The next POWER meeting will be in January- topic is TBC.