



Swanwick School and Sports College

School Council Notes Friday 8th November 2024

School Council was represented by a member of each form group across all Key Stages. All students came prepared with written responses to the agenda and verbal ideas in addition.

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| Primary 1: - |
| <p>What Arts experiences have you had and enjoyed at SSSC?</p> <ul style="list-style-type: none"> • Sky arts • Well dressing • Gym and dance display • Swanwick's Got Talent |
| <p>How does SSSC promote creativity?</p> <ul style="list-style-type: none"> • Learning heroes • Enterprise • Gym and dance |
| <p>Would you like to do a specific workshop in the future to learn a skill, e.g. weaving, printmaking, photography, animation?</p> <ul style="list-style-type: none"> • Printmaking • Drums |
| <p>When you have taken part in an Arts activity at school, how does it make you feel?</p> <ul style="list-style-type: none"> • Happy • Proud • Excited |
| <p>What does mental health and wellbeing mean to you?</p> <ul style="list-style-type: none"> • Being happy and doing nice things |
| <p>Why is mental health and wellbeing important to us at SSSC?</p> <ul style="list-style-type: none"> • To enjoy school and feel happy at school |
| <p>There are 5 steps recommended to improve your mental health and wellbeing. What do we at SSSC for each of these?</p> <ul style="list-style-type: none"> • Connect – Interhouse and breaktime clubs • Be active – Breaktime clubs and P.E. • Take notice – Zones of regulation, Circle time and Tutor time plus • Keep learning – Lessons, Stilts, games • Give – PSHE, being kind, sharing |

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| <p>Break/ Lunch time club ideas: -</p> <ul style="list-style-type: none"> • Makaton • French • Sensory |
| <p>Reward Trip ideas: -</p> <ul style="list-style-type: none"> • Football Stadium tour • Gullivers Kingdom • Matlock Farm Park |
| <p>Any other business: - N/A</p> |

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| <p>Primary 2: -</p> |
| <p>What Arts experiences have you had and enjoyed at SSSC?</p> <ul style="list-style-type: none"> • Making posters in ICT • Cooking • Using chalk on the playground • Mixing paints • Marble painting • Animation • Leaf printing in creative explorers |
| <p>How does SSSC promote creativity?</p> <ul style="list-style-type: none"> • Creative explorers • House competitions |
| <p>Would you like to do a specific workshop in the future to learn a skill, e.g. weaving, printmaking, photography, animation?</p> <ul style="list-style-type: none"> • Photography • Animation • Clay modelling • Printmaking |
| <p>When you have taken part in an Arts activity at school, how does it make you feel?</p> <ul style="list-style-type: none"> • Happy • Excited • Enjoyment |
| <p>What does mental health and wellbeing mean to you?</p> <ul style="list-style-type: none"> • Being happy and healthy • How you feel mentally/ being mentally well |
| <p>Why is mental health and wellbeing important to us at SSSC?</p> <ul style="list-style-type: none"> • It means to stop bullying/ mental stability • If negative emotions out way the good you could have depression or anxiety • "Life is like a road, the bad emotions are like going through a bumpy road or thunderstorms but positive emotions are clear blue skies with no traffic." |

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| <p>There are 5 steps recommended to improve your mental health and wellbeing. What do we at SSSC for each of these?</p> <ul style="list-style-type: none"> • Connect – Socialise, help people when they are arguing • Be active – Bouncing the ball, playtime • Take notice – Positive support, assembly, using the Ipad • Keep learning – Mental health day, talking with an adult • Give – Forgiving |
| <p>Break/ Lunch time club ideas: -</p> <ul style="list-style-type: none"> • Piano/ Music club |
| <p>Reward Trip ideas: -</p> <ul style="list-style-type: none"> • Hiking • Monkey Forest • Swimming/ Water Park • Twycross zoo |
| <p>Any other business: - N/A</p> |

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| <p>Nurture Class KS3 Blue: -</p> |
| <p>What Arts experiences have you had and enjoyed at SSSC?</p> <ul style="list-style-type: none"> • Shapes workshop with Miss Hessey • Swanwick's got talent • Nurture performance in summer term • Making crafts in our lessons |
| <p>How does SSSC promote creativity?</p> <ul style="list-style-type: none"> • Scarecrow competition • Learning hero mornings |
| <p>Would you like to do a specific workshop in the future to learn a skill, e.g. weaving, printmaking, photography, animation?</p> <ul style="list-style-type: none"> • We don't know but we love making things, painting etc |
| <p>When you have taken part in an Arts activity at school, how does it make you feel?</p> <ul style="list-style-type: none"> • Happy • Funny |
| <p>What does mental health and wellbeing mean to you?</p> <ul style="list-style-type: none"> • Keeping our brain healthy |
| <p>Why is mental health and wellbeing important to us at SSSC?</p> <ul style="list-style-type: none"> • To keep us happy |
| <p>There are 5 steps recommended to improve your mental health and wellbeing. What do we at SSSC for each of these?</p> <ul style="list-style-type: none"> • Connect – Good relationships with people are important for your mental wellbeing |

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| <ul style="list-style-type: none"> • Be active – Being active is not only great for your physical health but improves mental wellbeing i.e., P.E, sports clubs, football at lunch time, yoga, active in class • Take notice – Listen to your thoughts and feelings and be aware of the world around you also learning about our senses • Keep learning – Learning about MHWB as well as learning new skills • Give – Giving and acts of kindness i.e., Shoe box appeal, money for charity with non-uniform etc |
| Reward Trip ideas: - <ul style="list-style-type: none"> • McDonalds |
| Any other business: - N/A |

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| Nurture Class KS3 Yellow: - |
| What Arts experiences have you had and enjoyed at SSSC? <ul style="list-style-type: none"> • Printing, • Creating robot masks • Marbling • Robot photographs |
| How does SSSC promote creativity? <ul style="list-style-type: none"> • Creative explorers • Gym and dance display • Swanwicks got talent • Theme productions • Music & art lessons • Create scenes and characters in 3d in English lessons |
| Would you like to do a specific workshop in the future to learn a skill, e.g. weaving, printmaking, photography, animation? <ul style="list-style-type: none"> • Animations • Photography |
| When you have taken part in an Arts activity at school, how does it make you feel? <ul style="list-style-type: none"> • Proud • Calm - depending on what we are making • Frustrating – if it doesn't turn out as expected |
| What does mental health and wellbeing mean to you? <ul style="list-style-type: none"> • Looking after our brains and body • Being careful of actions and behaviours • Never pushing ourselves too hard |
| Why is mental health and wellbeing important to us at SSSC? <ul style="list-style-type: none"> • To look after ourselves and to feel happy and safe • Helping us to be happy and healthy, ready for learning and wanting to be at school |
| There are 5 steps recommended to improve your mental health and wellbeing. What do we at SSSC for each of these? |

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| <ul style="list-style-type: none"> • Connect – Friendships, communication, PSHE, Life Skills lessons, careers lessons. Break time clubs help us to make new friendships • Be active – PE lessons, football club on Friday, Yoga, break time clubs, Tutor time plus sessions, healthy eating school • Take notice – Positive support sessions, Tutor time plus – mindfulness colouring, painting tasks, breathing activities, Lego therapy • Keep learning – PSHE and Life skills lessons, PE lessons – relaxation parts of the lesson, Mental health days, Family fun • Give – Helping each other, Shoe box appeal as part of our career's lessons, change to give our epraise points to charity, fundraising for the school, Scarecrow competition, non-uniform days |
| <p>Break/ Lunch time club ideas: -</p> <ul style="list-style-type: none"> • Golf club • Choir club • Axe throwing |
| <p>Reward Trip ideas: -</p> <ul style="list-style-type: none"> • Alton Towers • Skiing (Snow dome) • McDonalds • Pizza Hut • Local park |
| <p>Any other business: - N/A</p> |

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| <p>Nurture Class KS4: -</p> |
| <p>What Arts experiences have you had and enjoyed at SSSC?</p> <ul style="list-style-type: none"> • Bolsover Castle to look at texture of buildings and take photos from different perspectives in and around school • Nurture did a mad hatters tea party linked to our talents |
| <p>How does SSSC promote creativity?</p> <ul style="list-style-type: none"> • Swanwicks got talent • Music – drumming • Art – Castles • Food technology • PE – Creative dance |
| <p>Would you like to do a specific workshop in the future to learn a skill, e.g. weaving, printmaking, photography, animation?</p> <ul style="list-style-type: none"> • Animation • Printmaking |
| <p>When you have taken part in an Arts activity at school, how does it make you feel?</p> <ul style="list-style-type: none"> • Extremely happy • This can be dependent on how the artwork turns out |

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| <p>What does mental health and wellbeing mean to you?</p> <ul style="list-style-type: none"> • Taking care and controlling your emotions and feelings • It is very important because it keeps us safe and helps us to know how to be happy |
| <p>Why is mental health and wellbeing important to us at SSSC?</p> <ul style="list-style-type: none"> • Poor mental health can lead to be rash and poor decision making can lead to a short temper if you have poor mental health. • We need to be positive to handle situations well. |
| <p>There are 5 steps recommended to improve your mental health and wellbeing. What do we at SSSC for each of these?</p> <ul style="list-style-type: none"> • Connect – Good relationships in PSHE, we pair up with partners, talk to adults if we are upset, talk about our families and friends • Be active – Interhouse sport, P.E. sessions, competitions, Tutor time plus (dance), Outdoor learning, move around in stations in our room. • Take notice – Meditation, Music appreciation, Newsround (breaking news) • Keep learning – PSHE lesson, tutor time plus, breaktime clubs, yoga/dance • Give – Dress up days for donations, RSPCA, Enterprise, celebration assemblies |
| <p>Break/ Lunch time club ideas: -</p> <ul style="list-style-type: none"> • Food tech – Snack making session • Lego club • Sewing club |
| <p>Reward Trip ideas: -</p> <ul style="list-style-type: none"> • Pizza hut/ KFC • Laser Quest • Snowdome • Bus tour ride to Chesterfield |
| <p>Any other business: -</p> <p>Digital/Audio books</p> |

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| <p>Year 7: -</p> |
| <p>What Arts experiences have you had and enjoyed at SSSC?</p> <ul style="list-style-type: none"> • Drama lessons • Art lessons • Theme assembly • Music lessons |
| <p>How does SSSC promote creativity?</p> <ul style="list-style-type: none"> • Theme lessons • Epraise points • Team work activities |

- Creative explorers
- Scarecrow competition

Would you like to do a specific workshop in the future to learn a skill, e.g. weaving, printmaking, photography, animation?

- Media day
- Money day (scenarios)
- Animation – cartoon, stop motion

When you have taken part in an Arts activity at school, how does it make you feel?

- Proud
- Happier
- Calmer

What does mental health and wellbeing mean to you?

- Looking after your brain and wellbeing

Why is mental health and wellbeing important to us at SSSC?

- To make sure you are happy when you are getting your education

There are 5 steps recommended to improve your mental health and wellbeing. What do we at SSSC for each of these?

- **Connect** – help to make friends and introduce new teachers
- **Be active** – Football matches, breaktime clubs, keep brains active in lessons, P.E., fencing
- **Take notice** – Learn new things, talk to teachers about feelings
- **Keep learning** – Understand how to cope when you feel down
- **Give** – Activities to help us communicate and care for each other

Break/ Lunch time club ideas: -

- Rounders
- Climbing
- Frisbee

Reward Trip ideas: -

- Laser tag
- Zoo
- Fast food
- Film

Any other business: - N/A

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| <p>Year 8: -</p> |
| <p>What Arts experiences have you had and enjoyed at SSSC?</p> <ul style="list-style-type: none"> • Art – Sculpture, drawing • Performing lean on me in music and playing instruments • Lion King production • Sky Arts day |
| <p>How does SSSC promote creativity?</p> <ul style="list-style-type: none"> • Lots of subjects including creativity in the timetable – English, music, drama, food technology, art • Music instruments lessons and choir • We used to have an art club at break time that we really enjoyed. We would like this to come back again |
| <p>Would you like to do a specific workshop in the future to learn a skill, e.g. weaving, printmaking, photography, animation?</p> <ul style="list-style-type: none"> • Sculpture workshop • Making videos and animation (YouTube videos) • Makey Makey's |
| <p>When you have taken part in an Arts activity at school, how does it make you feel?</p> <ul style="list-style-type: none"> • Tired but fun • Calm • Nervous when performing • Happy |
| <p>What does mental health and wellbeing mean to you?</p> <ul style="list-style-type: none"> • Eating healthy • Being outdoors • Happiness • Staying calm in a hard situation • Bad mental health can result in stress |
| <p>Why is mental health and wellbeing important to us at SSSC?</p> <ul style="list-style-type: none"> • Work better in lessons – concentration • Staff want us to feel happy |
| <p>There are 5 steps recommended to improve your mental health and wellbeing. What do we at SSSC for each of these?</p> <ul style="list-style-type: none"> • Connect – Talk with friends, encourage us to be polite to others, extra curricular clubs, life skills, games in tutor time plus - UNO • Be active – Football club, PE lessons, After school activities • Take notice – SSSC zones of regulation – to recognise our feelings • Keep learning – All lessons in school • Give – Give reward time (golden time), Epraise points which turns into prizes |
| <p>Break/ Lunch time club ideas: -</p> <ul style="list-style-type: none"> • Art club at break time not lunchtime • Basketball club at break time or lunchtime • Blooket club • Games club • Computer club |
| <p>Reward Trip ideas: -</p> |

- Go and watch football training and train with them i.e. Derby County
- Cricket grounds or match
- Ice hockey with Nottingham Panthers
- Bowling
- Laser Quest

Any other business: - N/A

Year 9 Blue: -

What Arts experiences have you had and enjoyed at SSSC?

- Ink/ Scratch Art

How does SSSC promote creativity?

- Drama
- Cooking
- Dance
- Music
- Themed clubs
- Making stories
- **Performances** (Lion King, Matilda)

Would you like to do a specific workshop in the future to learn a skill, e.g. weaving, printmaking, photography, animation?

- Digital animation
- Sculpting
- How to draw illustrations
- Stop motion animation

When you have taken part in an Arts activity at school, how does it make you feel?

- Happy
- Amazed

What does mental health and wellbeing mean to you?

- Things that help our wellbeing i.e. playing games, drawing/ colouring

Why is mental health and wellbeing important to us at SSSC?

- To make sure we all enjoy our time at SSSC and can reach our full potential

There are 5 steps recommended to improve your mental health and wellbeing. What do we at SSSC for each of these?

- **Connect** – Talk with others
- **Be active** – P.E.
- **Take notice** – Of how others may be feeling
- **Keep learning** – Learn new skills
- **Give** – Acts of kindness

Break/ Lunch time club ideas: -

- Positive support
- Team Sports

- P.E.
- Cooking

Reward Trip ideas: -

- Laser Quest
- Magna
- Football Ground

Any other business: -

Equal lunchtime to other classes, sometimes we don't get lunch until 12.45pm

Year 9 Yellow: -

What Arts experiences have you had and enjoyed at SSSC?

- Digital Art
- Clay
- African Drumming
- Theme Production

How does SSSC promote creativity? Yes

- Art
- ICT
- Music
- Creativity
- Creative explorers

Would you like to do a specific workshop in the future to learn a skill, e.g. weaving, printmaking, photography, animation?

- Animation
- Photography

When you have taken part in an Arts activity at school, how does it make you feel?

- Happy,
- annoying,
- creative
- boring

What does mental health and wellbeing mean to you?

- Important,
- looking after yourselves

Why is mental health and wellbeing important to us at SSSC?

- It's important to check if pupils are ok

There are 5 steps recommended to improve your mental health and wellbeing. What do we at SSSC for each of these?

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| <ul style="list-style-type: none"> • Connect - Friends, getting on with people • Be active – exercise machine • Take notice –life skills, PSHE, geography, creative explorers • Keep learning – PSHE, life skills • Give - • Give -Enterprise, charity on epraise, school give trips |
| <p>Break/ Lunch time club ideas: -</p> <ul style="list-style-type: none"> • Indoor club for drawing/ colouring • Board games, • Gardening club |
| <p>Reward Trip ideas: -</p> <ul style="list-style-type: none"> • Soft play centre • Indoor skiing • Derby museum • Science museum |
| <p>Any other business: - N/A</p> |

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| <p>Year 10: -</p> |
| <p>What Arts experiences have you had and enjoyed at SSSC?</p> <ul style="list-style-type: none"> • Clay • Art trip • Ink |
| <p>How does SSSC promote creativity?</p> <ul style="list-style-type: none"> • Careers • Posters • More creativity • Clubs |
| <p>Would you like to do a specific workshop in the future to learn a skill, e.g. weaving, printmaking, photography, animation?</p> <ul style="list-style-type: none"> • Photography • Animation would be a good |
| <p>When you have taken part in an Arts activity at school, how does it make you feel?</p> <ul style="list-style-type: none"> • Good, • Ecstatic • Happy • Creativity |
| <p>What does mental health and wellbeing mean to you?</p> <ul style="list-style-type: none"> • Positive • Feeling fine and ok |

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| <ul style="list-style-type: none"> • Happy and safe • Recharged |
| <p>Why is mental health and wellbeing important to us at SSSC?</p> <ul style="list-style-type: none"> • Because it is important to SSSC/ by helping it you can talk to someone you trust |
| <p>There are 5 steps recommended to improve your mental health and wellbeing. What do we at SSSC for each of these?</p> <ul style="list-style-type: none"> • Connect – Self care/ varied games, walking or going out, talking to someone, playing dodgeball or going to some to keep your i.e fidget toy, getting more sleep • Be active – Going out and having more trip • Take notice -Parents, teacher, teacher as its and pupil • Keep learning – • Give - |
| <p>Break/ Lunch time club ideas: -</p> <ul style="list-style-type: none"> • Art club • Rugby • Volley ball |
| <p>Reward Trip ideas: -</p> <ul style="list-style-type: none"> • Cinema • See santa • Crazy golf • The deep |
| <p>Any other business: - N/A</p> |

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| <p>Year 11: -</p> |
| <p>What Arts experiences have you had and enjoyed at SSSC?</p> <ul style="list-style-type: none"> • Drama Lessons • Pantomime visit • Yorkshire Sculpture Park visit |
| <p>How does SSSC promote creativity?</p> <ul style="list-style-type: none"> • Technology • Tutor Time plus • PE/Sports leaders • Skills for independence • Productions • KS3 theme lessons |
| <p>Would you like to do a specific workshop in the future to learn a skill, e.g. weaving, printmaking, photography, animation?</p> <ul style="list-style-type: none"> • Yes |
| <p>When you have taken part in an Arts activity at school, how does it make you feel?</p> |

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| <ul style="list-style-type: none"> • Makes you feel good about yourself • Gives us a challenge • Feels like you've achieved something |
| <p>What does mental health and wellbeing mean to you?</p> <ul style="list-style-type: none"> • Mental health – how you feel, what you think – both positive and negative • Wellbeing – active – look after physical health, • Right amount of sleep • Go for a walk • Spend time with friends |
| <p>Why is mental health and wellbeing important to us at SSSC?</p> <ul style="list-style-type: none"> • Keep us happy • If we're happy it means our brains are well, we learn better, better opportunities in our lives |
| <p>There are 5 steps recommended to improve your mental health and wellbeing. What do we at SSSC for each of these?</p> <ul style="list-style-type: none"> • Connect – break times, clubs, interhouse, lessons • Be Active – PE, Clubs, interhouse, breaktime equipment, Tutor time plus, life skills, outdoor education • Take notice – Positive support, speech and language, geography, careers • Keep learning – recap in lessons, options, lessons • Give – Charities, non uniform, enterprise |
| <p>Reward Trip ideas: -</p> <ul style="list-style-type: none"> • Sherwood pines • Moorways (Swimming) • Lazer Quest • Matlock Bath • Biking |
| <p>Any other business: - N/A</p> |

Actions:

- **Mr Parry to review break/ lunch time clubs**
- **Mrs England to organise pupils vote for the next Reward trip**
- **Miss Hessey to review arts/creativity**
- **Mrs McKee to look at Mental Health and Wellbeing.**

Thank you to all the students that have participated in School Council. Student Council is an essential part of our school curriculum.

**Kind Regards
Mrs England**