



**Swanwick School and Sports College**

**School Council Notes Friday 9<sup>th</sup> March 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.

At the start of the meeting Mrs England discussed the findings of the Spring Term SSSC Library Pupil Questionnaire. We had 77 responses from pupils, please see further actions to be taken.

<b>Primary 1: -</b>
<b>What does the term Mental Health and Wellbeing mean to you?</b> <ul style="list-style-type: none"> <li>Your mind feeling good</li> </ul>
<b>You know how it is important to keep your body fit and healthy by exercising and eating healthy, how do we keep our minds healthy?</b> <ul style="list-style-type: none"> <li>Playing outside</li> <li>Reading</li> <li>Art</li> </ul>
<b>What could school do to support your mental health and well-being?</b> <ul style="list-style-type: none"> <li>Fun activities i.e., World Book Day</li> </ul>
<b>Red Nose Day activities: - What could we as school do on Friday 15<sup>th</sup> 2024 March to raise money for Red Nose Day?</b> <ul style="list-style-type: none"> <li>Wear red</li> <li>Bake sale</li> </ul>
<b>Feedback on the Prefect clubs? WWW is there anything we could improve on?</b> <p>N/A</p>
<b>On Epraise what milestone/ achievement badges do you think we could add?</b> <ul style="list-style-type: none"> <li>Attendance</li> </ul>
<b>Possible Epraise prizes that we do not currently have in the Epraise shop?</b> <ul style="list-style-type: none"> <li>Musical Instruments</li> </ul>
<b>Reward trip ideas</b> <ul style="list-style-type: none"> <li>Matlock Farm Park</li> </ul>
<b>Any other business: - N/A</b>

<b>Primary 2: -</b>
<b>What does the term Mental Health and Wellbeing mean to you?</b> <ul style="list-style-type: none"> <li>• About your brain and your body.</li> <li>• How you think</li> <li>• Positive things</li> </ul>
<b>You know how it is important to keep your body fit and healthy by exercising and eating healthy, how do we keep our minds healthy?</b> <ul style="list-style-type: none"> <li>• Family</li> <li>• Exercise</li> <li>• Things you like – lights, fidget toys, chewy toys,</li> <li>• Sleep and rest</li> </ul>
<b>What could school do to support your mental health and well-being?</b> <ul style="list-style-type: none"> <li>• Mental health week – talk about mental health, have an assembly, talk about things we like</li> </ul>
<b>Red Nose Day activities: - What could we as school do on Friday 15<sup>th</sup> 2024 March to raise money for Red Nose Day?</b> <ul style="list-style-type: none"> <li>• Sell red noses</li> <li>• £1 donation to do fun activities, like a mini fair</li> <li>• Non uniform – dress in red</li> </ul>
<b>Feedback on the Prefect clubs? WWW is there anything we could improve on?</b> <ul style="list-style-type: none"> <li>• Dance club</li> <li>• Light club</li> <li>• Sometimes the prefects don't show up</li> </ul>
<b>On Epraise what milestone/ achievement badges do you think we could add?</b> <p>N/A</p>
<b>Possible Epraise prizes that we do not currently have in the Epraise shop?</b> <ul style="list-style-type: none"> <li>• Fairy lights</li> <li>• Microphone</li> <li>• Ear defenders</li> <li>• Baby doll accessories</li> <li>• Paint</li> <li>• Art Suppliers</li> <li>• Slime</li> </ul>
<b>Reward trip ideas</b> <ul style="list-style-type: none"> <li>• Trentham monkey forest</li> <li>• Soft play (with a ball pit)</li> <li>• Dancing</li> <li>• Lightbulb Shop</li> <li>• Karaoke</li> </ul>
<b>Any other business: - N/A</b>

<b>Nurture Class KS3 Blue: -</b>
<b>What does the term Mental Health and Wellbeing mean to you?</b> <ul style="list-style-type: none"> <li>• Keeping your brain healthy</li> </ul>
<b>You know how it is important to keep your body fit and healthy by exercising and eating healthy, how do we keep our minds healthy?</b> <ul style="list-style-type: none"> <li>• Keeping fit</li> <li>• Swimming</li> <li>• Reading a book</li> <li>• Go outside to play</li> <li>• Walking your dog</li> <li>• Play a computer game</li> <li>• Watch your favourite tv programme</li> </ul>
<b>What could school do to support your mental health and well-being?</b> <ul style="list-style-type: none"> <li>• Talk to grown ups</li> </ul>
<b>Red Nose Day activities: - What could we as school do on Friday 15<sup>th</sup> 2024 March to raise money for Red Nose Day?</b> <ul style="list-style-type: none"> <li>• Wear something red</li> <li>• Make everyone laugh by telling jokes (maybe a small show at breaktime)</li> </ul>
<b>Feedback on the Prefect clubs? WWW is there anything we could improve on?</b> <p>N/A</p>
<b>On Epraise what milestone/ achievement badges do you think we could add?</b> <ul style="list-style-type: none"> <li>• Kindness to others</li> </ul>
<b>Possible Epraise prizes that we do not currently have in the Epraise shop?</b> <ul style="list-style-type: none"> <li>• Treat morning or afternoon (e.g. a movie/hot choc for your class)</li> </ul>
<b>Reward trip ideas</b> <ul style="list-style-type: none"> <li>• McDonalds</li> <li>• Burger King</li> <li>• Matlock Farm Park</li> <li>• Bowling</li> <li>• Mini golf</li> <li>• Cinema</li> </ul>
<b>Any other business: - N/A</b>

<b>Nurture Class KS3 Yellow: -</b>
<b>What does the term Mental Health and Wellbeing mean to you?</b>
<ul style="list-style-type: none"> <li>• When someone isn't feeling very well or poorly in their mind. It's taking care of your feeling and emotions, keeping active is good for your brain.</li> </ul>
<b>You know how it is important to keep your body fit and healthy by exercising and eating healthy, how do we keep our minds healthy?</b>
<ul style="list-style-type: none"> <li>• Eating healthy foods, doing things that help like exercising, colouring, listening to calming music, getting lots of sleep. Talk about how you're feeling.</li> </ul>
<b>What could school do to support your mental health and well-being?</b>
<ul style="list-style-type: none"> <li>• School help to take care of us, having adults to talk to that we can trust, having a club that interests me to help if I'm feeling sad like a mindfulness or computing club.</li> </ul>
<b>Red Nose Day activities: - What could we as school do on Friday 15<sup>th</sup> 2024 March to raise money for Red Nose Day?</b>
<ul style="list-style-type: none"> <li>• Buy a hot drink and a treat – separate spaces</li> <li>• Non uniform day/ wear red</li> <li>• Colouring competition</li> <li>• Bake Sale</li> <li>• Football match you pay to join in</li> <li>• Raffle</li> <li>• Throw sponges at staff</li> <li>• Throw water bottles at staff</li> </ul>
<b>Feedback on the Prefect clubs? WWW is there anything we could improve on?</b>
<ul style="list-style-type: none"> <li>• We could have a chill out club where you could go on the computers/ catch up with friends</li> </ul>
<b>On Epraise what milestone/ achievement badges do you think we could add?</b>
<ul style="list-style-type: none"> <li>• Not sure</li> </ul>
<b>Possible Epraise prizes that we do not currently have in the Epraise shop?</b>
<ul style="list-style-type: none"> <li>• No</li> </ul>
<b>Reward trip ideas</b>
<ul style="list-style-type: none"> <li>• Alton Towers</li> <li>• Mini golf</li> <li>• Starbucks</li> <li>• Cinema</li> <li>• Clip and Climb</li> <li>• Ice Skating</li> <li>• Doncaster Dome</li> <li>• Treetops</li> <li>• Monkey Forest</li> <li>• Chatsworth Farm Park</li> <li>• Crich tramway museum</li> </ul>
<b>Any other business: - N/A</b>

<b>Nurture Class KS4: -</b>
<p><b>What does the term Mental Health and Wellbeing mean to you?</b></p> <ul style="list-style-type: none"> <li>• Losing your mind</li> <li>• If someone has a disability it can cause mental health</li> <li>• When your brain can't think</li> </ul>
<p><b>You know how it is important to keep your body fit and healthy by exercising and eating healthy, how do we keep our minds healthy?</b></p> <ul style="list-style-type: none"> <li>• Running fast</li> <li>• Lots of exercise</li> <li>• Eat good food</li> <li>• Walking</li> </ul>
<p><b>What could school do to support your mental health and well-being?</b></p> <ul style="list-style-type: none"> <li>• Talk with teachers</li> <li>• Go on nice trips</li> <li>• Film afternoon</li> <li>• Play time</li> </ul>
<p><b>Red Nose Day activities: - What could we as school do on Friday 15<sup>th</sup> 2024 March to raise money for Red Nose Day?</b></p> <ul style="list-style-type: none"> <li>• Colouring competition</li> <li>• Cake sale</li> <li>• Dress up day</li> <li>• A raffle</li> </ul>
<p><b>Feedback on the Prefect clubs? WWW is there anything we could improve on?</b></p> <ul style="list-style-type: none"> <li>• Play tennis on a court</li> </ul>
<p><b>On Epraise what milestone/ achievement badges do you think we could add?</b></p> <p>N/A</p>
<p><b>Possible Epraise prizes that we do not currently have in the Epraise shop?</b></p> <ul style="list-style-type: none"> <li>• More cars</li> <li>• Socks</li> <li>• More balls</li> </ul>
<p><b>Reward trip ideas</b></p> <ul style="list-style-type: none"> <li>• Laser Quest</li> <li>• Alfreton leisure centre</li> <li>• Swimming</li> </ul>
<p><b>Any other business: - N/A</b></p>

**Year 7: -**

**What does the term Mental Health and Wellbeing mean to you?**

- How you feel mentally/ how good your thoughts are

**You know how it is important to keep your body fit and healthy by exercising and eating healthy, how do we keep our minds healthy?**

- Meditate
- Read
- Talk to others
- Listen to music
- Play games
- Exercise

**What could school do to support your mental health and well-being?**

- Staff being happy
- Help
- Asking if we are ok

**Red Nose Day activities: - What could we as school do on Friday 15<sup>th</sup> 2024 March to raise money for Red Nose Day?**

- Bake sale
- Sell red noses
- Red nose party
- Pyjama day

**Feedback on the Prefect clubs? WWW is there anything we could improve on?**

- Make breaks longer

**On Epraise what milestone/ achievement badges do you think we could add?**

- Emerald

**Possible Epraise prizes that we do not currently have in the Epraise shop?**

- Other games consoles like the Wii

**Reward trip ideas**

- Zoo
- McDonalds
- KFC
- Pizza hut

**Any other business: - N/A**

<b>Year 8 Blue: -</b>
<p><b>What does the term Mental Health and Wellbeing mean to you?</b></p> <ul style="list-style-type: none"> <li>• Your outlook on life</li> <li>• People helping you</li> <li>• Where you have special people</li> </ul>
<p><b>You know how it is important to keep your body fit and healthy by exercising and eating healthy, how do we keep our minds healthy?</b></p> <ul style="list-style-type: none"> <li>• Eat well</li> <li>• Learning</li> <li>• Resting &amp; sleeping</li> <li>• Being at home</li> <li>• Doing things you enjoy</li> </ul>
<p><b>What could school do to support your mental health and well-being?</b></p> <ul style="list-style-type: none"> <li>• Helping each other</li> <li>• More spreads for toast</li> <li>• More clubs</li> </ul>
<p><b>Red Nose Day activities: - What could we as school do on Friday 15<sup>th</sup> 2024 March to raise money for Red Nose Day?</b></p> <ul style="list-style-type: none"> <li>• Art</li> <li>• Football</li> <li>• Chess</li> <li>• Crafts</li> <li>•</li> </ul>
<p><b>Feedback on the Prefect clubs? WWW is there anything we could improve on?</b></p> <ul style="list-style-type: none"> <li>• Football clubs</li> <li>• Litter picking – eco club</li> </ul>
<p><b>On Epraise what milestone/ achievement badges do you think we could add?</b></p> <ul style="list-style-type: none"> <li>• Attendance award – Best Attender</li> </ul>
<p><b>Possible Epraise prizes that we do not currently have in the Epraise shop?</b></p> <ul style="list-style-type: none"> <li>• Amazon vouchers</li> <li>• Skip a lesson – tea and cake with a teacher</li> <li>• Football time</li> <li>• Socks</li> <li>• Sprays</li> <li>• Hair bobbles</li> </ul>
<p><b>Reward trip ideas</b></p> <ul style="list-style-type: none"> <li>• Magna</li> <li>• Water world</li> <li>• Doncaster dome</li> </ul>
<p><b>Any other business: - N/A</b></p>

<b>Year 8 Yellow: -</b>
<b>What does the term Mental Health and Wellbeing mean to you?</b>
<ul style="list-style-type: none"> <li>• Looking after yourself and doing things to make you happy</li> </ul>
<b>You know how it is important to keep your body fit and healthy by exercising and eating healthy, how do we keep our minds healthy?</b>
<ul style="list-style-type: none"> <li>• Reading</li> <li>• Sleeping</li> <li>• Music</li> <li>• Watching TV</li> <li>• Playing games</li> <li>• Spending time with friends</li> </ul>
<b>What could school do to support your mental health and well-being?</b>
<ul style="list-style-type: none"> <li>• Basketball hoop</li> </ul>
<b>Red Nose Day activities: - What could we as school do on Friday 15<sup>th</sup> 2024 March to raise money for Red Nose Day?</b>
<ul style="list-style-type: none"> <li>• Throw wet sponges at the teachers (especially Mrs England)</li> <li>• Cake Sale</li> <li>• Competition</li> </ul>
<b>Feedback on the Prefect clubs? WWW is there anything we could improve on?</b>
<ul style="list-style-type: none"> <li>• Lunch time clubs</li> </ul>
<b>On Epraise what milestone/ achievement badges do you think we could add?</b>
<ul style="list-style-type: none"> <li>• Most certificates in the school</li> </ul>
<b>Possible Epraise prizes that we do not currently have in the Epraise shop?</b>
<ul style="list-style-type: none"> <li>• Card games</li> </ul>
<b>Reward trip ideas</b>
<ul style="list-style-type: none"> <li>• War museum</li> </ul>
<b>Any other business: - N/A</b>



<b>Year 9: -</b>
<p><b>What does the term Mental Health and Wellbeing mean to you?</b></p> <ul style="list-style-type: none"> <li>• How you feel mentally and how you act</li> <li>• What's happening with your emotion and mind</li> <li>• Expressing how you feel</li> </ul>
<p><b>You know how it is important to keep your body fit and healthy by exercising and eating healthy, how do we keep our minds healthy?</b></p> <ul style="list-style-type: none"> <li>• Sleep &amp; rest</li> <li>• Taking vitamins</li> <li>• Positive support</li> <li>• Socialising</li> </ul>
<p><b>What could school do to support your mental health and well-being?</b></p> <ul style="list-style-type: none"> <li>• A Therapy dog</li> <li>• Safe area</li> <li>• Bring your pets in safe area</li> </ul>
<p><b>Red Nose Day activities: - What could we as school do on Friday 15<sup>th</sup> 2024 March to raise money for Red Nose Day?</b></p> <ul style="list-style-type: none"> <li>• Cake Sale</li> <li>• Wear something red</li> <li>• Scavenger hunt</li> <li>• Sell red noses</li> </ul>
<p><b>Feedback on the Prefect clubs? WWW is there anything we could improve on?</b></p> <p>Clubs are currently getting ran by staff and not prefects.</p>
<p><b>On Epraise what milestone/ achievement badges do you think we could add?</b></p> <p>N/A</p>
<p><b>Possible Epraise prizes that we do not currently have in the Epraise shop?</b></p> <ul style="list-style-type: none"> <li>• Colouring books</li> <li>• Glove/Hat set</li> <li>• Pencil cases</li> <li>• Felt tips</li> <li>• Football equipment</li> </ul>
<p><b>Reward trip ideas</b></p> <ul style="list-style-type: none"> <li>• Clip and Climb</li> <li>• Bluebells dairy farm</li> <li>• Crazy golf</li> <li>• Yorkshire wildlife park</li> </ul>
<p><b>Any other business: - More staff required at lunch time</b></p>

<b>Year 10: -</b>
<b>What does the term Mental Health and Wellbeing mean to you?</b> <ul style="list-style-type: none"> <li>• Be aware of how people are feeling.</li> <li>• How you are doing mentally – emotions, positive and negative thoughts</li> </ul>
<b>You know how it is important to keep your body fit and healthy by exercising and eating healthy, how do we keep our minds healthy?</b> <ul style="list-style-type: none"> <li>• Do things we enjoy</li> <li>• Not feeling pressured by other people</li> </ul>
<b>What could school do to support your mental health and well-being?</b> <p>School already does a lot to support i.e. positive support, make our own choices sometimes</p>
<b>Red Nose Day activities: - What could we as school do on Friday 15<sup>th</sup> 2024 March to raise money for Red Nose Day?</b> <ul style="list-style-type: none"> <li>• Bake sale</li> <li>• Buy red noses</li> <li>• Crazy hair day</li> </ul>
<b>Feedback on the Prefect clubs? WWW is there anything we could improve on?</b> <ul style="list-style-type: none"> <li>• Board games – need more games</li> <li>• Badminton good but not a lot of space</li> </ul>
<b>On Epraise what milestone/ achievement badges do you think we could add?</b> <ul style="list-style-type: none"> <li>• Attendance</li> <li>• Individual subject awards</li> </ul>
<b>Possible Epraise prizes that we do not currently have in the Epraise shop?</b> <p>N/A</p>
<b>Reward trip ideas</b> <ul style="list-style-type: none"> <li>• Moorways</li> <li>• Magna</li> <li>• Twycross</li> </ul>
<b>Any other business: - N/A</b>

**Actions: -**

- Every member of the SSSC community read the library pupil questionnaire results.
  - Mrs McKee to purchase new books as suggested from pupil’s questionnaire.
  - Mr Parry to revise break time clubs and enhance lunch time provision.
  - Review how Epraise points can be reset to ensure greater equity for Cognition pathway.
  - SLT to get new basketball nets put up so pupils can use them at break and lunch times.
  - Mrs England to organise a dedicated day for Comic Relief and deliver an assembly on it prior to 15<sup>th</sup> March.
- 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