



Shadwell Food Ambassadors

Attendees: Year 2- Eve, Jude and George, Year 3- Ruby, Beatrice, Aaryan and Noah, Year 4- Isla and Georgia, Year 5 – Lydia and Molly, Year 6- Grace and Dylan.

We met in two groups Year 2/3 and Year 4/5/6

We discussed the Healthy Packed Lunch Policy.

The children all agreed that we need to remind everyone about the policy and the things that make a healthy packed lunch. They thought it would be a good idea to reward those who bring a healthy lunch and we talked about lots of ideas for this!

The Food Ambassadors would like to give stickers to those children who bring a balanced and healthy lunch. They would do this for their own sitting in the hall. They also thought that house points would be a good reward for being healthy.



They would also like to think of a way to reintroduce Table of the Week. They all remembered this and thought that it had been something positive for everyone to enjoy, with the trophy, sparklers and special cups.

We also talked about a special star shaped table mat that could be used by children who were really healthy eaters! Grace suggested that this could be wiped clean and passed on, so that it was safe.

George mentioned that some children in his class would like a longer lunch time. We agreed that this would be difficult as we have to have three different sittings now and we didn't want Class 4 and Class 6 to have to wait any later for their lunch!

How can we encourage healthy eating of packed lunches and school dinners?

Jude suggested that, as all the children sit facing the wall, we could put the healthy packed lunch policy on the wall to encourage everyone. We all LOVED this idea and then talked about making posters with all sorts of healthy eating messages.

Dylan suggested that we try to encourage school dinner children to eat more of their vegetables. He has also noticed that sometimes children take a lot of food from the salad bar and then don't manage to eat it all. We agreed that it would be good to remind everyone about this as food waste is such a bad thing.

Next Steps:

We will work on encouraging healthy eating, whether children have a packed lunch or a school dinner. In our next meeting we will create some healthy eating posters! We will also think about making a Food Ambassador's video assembly!

Please ask everyone in your class if they have ideas or suggestions for us. Write these down and we can discuss them in our next meeting.