



Shadwell Food Ambassadors

Attendees: Year 2- Eve, Jude and George, Year 4- Isla and Georgia, Year 5 – Lydia and Molly, Year 6- Sonny and Dylan.

We discussed hosting a Health Week next term.

We talked about having a special Health Week in the summer term which would involve Sports Day and a First Aid training day. Some of us thought that it would be good to ask the Eco Warriors to be involved too as they could educate everyone about healthy food from different countries! Last time the school had a Health Week there was a range of activities in the hall for each class to explore. We would like to do this again if possible and considered how we could make it safe within COVID rules – each class could come in at a different time and the Food Ambassadors could stand back from everyone and wear masks OR Food Ambassadors could host the event for their own class.



We talked about including a Family Meals activity, a Guess How Much Sugar activity and a Feel and Guess the Food activity! Isla also suggested a Clean Hands activity.

A further idea was a healthy tally chart which would reward children for their positive choices at playtime and lunchtime.

Mrs Hall will discuss the Healthy Week idea with Mrs Barrett and Mr Brotherton.

Lunchtimes:

Food Ambassadors will remind their classes that packed lunches should only include a treat once a week. We agreed that children who have school dinners on a Friday could bring their treat on Thursdays. Children who have school dinners on Thursday and Friday can bring their treat on Wednesdays.

On other days, children should only bring healthy food – Food Ambassadors suggested sugar free jellies as a good option.

Snacks at playtime:

Food Ambassadors will remind their classes that snacks should be healthy and should not contain salt or sugar. Fruit and vegetables are the best snack!

Next Steps:

Our posters look great up in the hall! We would like to now make posters for the other side of the hall so that everyone has healthy messages in front of them at lunchtime. We will start these in our next meeting and will decorate the map of the world with pictures of healthy food from different countries.

We may introduce suggestion boxes for Food Ambassadors as these have been positive for School Council.

The Food Ambassadors also asked if there could be an alternative to the plastic pots which are used for fruit at lunchtime. They suggested that the "pudding" pots could be used and washed. Mrs Hall will ask the Eco Warriors if they could follow this up.