

Wensum council - a strong voice for our young people

Council meeting 13/11/20

SIDP: Behaviour and attitude

Strand 2: *respect for our shared spaces*

Strand 3: *promoting physical health and wellbeing*

Strand 4: *happy and safe play at break and lunchtimes*

Meeting details

10.45 - 11.30

Chair: Vic

Minutes: Pete

Councillors:

Year 3: Ellie-Mai, Alissa, Benson, Finley

Year 4: ,Liam, Ella, Amani, Naomi

Year 5: Jack, Vilte, Kaja, Batoul

Year 6: Keegan, Hugo, Anas, Loyal

Agenda for class discussion week beginning 9th November: Evaluating the new lunchtime arrangements.

By Friday 20th November, new providers Aspen will have run through the three week menu cycle. We also want feedback on decision to flip lunches with children playing first then eating from 12.45:

New menu

- How are you finding the new menu? What are your favourite / least favourite meals? Portion sizes?

Flipping lunchtime

- How are you finding the flip to playing first and eating second. It was intended to lead to a smoother transition to the afternoon. Has it?

We are seeking feedback from teachers as well for the second point? Sphinx class have introduced the PEEExtra session 1.15 - 1.30 (as it appears in the timetable). Would this work better in the new lunch arrangements?

Minutes from the meeting			
Agenda items from previous meeting	Further action agreed (6/11/20)	Update and discussion (13/11/20)	Agreed actions and next steps
Unhealthy snacks	<p>To take the new version back to class meetings to discuss further. Class reps to update their peers on the conversation (see left) and then open it up for discussion and deliberation.</p> <p>Reps to feed back to Pupil Council on 13/11/20</p>	<p>Year 5: Kaja reported back that we should consider options for different diets e.g. vegetarian. Jack said that class liked the idea of replacing snack with treat, though also considered whether we needed a snack option as well as that is how we refer to what the children eat at breaktime.</p> <p>Straw poll: 7 out of 8 classes prefer the word treat to snack (as voted on by Pupil Council reps).</p> <p>Year 4: Liam reported that some items currently in the snack box should be considered treats e.g. crisps, jelly. Also that we need a wider range of healthy snack options to choose from.</p> <p>Year 6 led a short discussion initially around the inclusion of the pasty /sausage roll option in Mains though the decision was to all it, but ensure that it was part of a balanced meal with something from the other groups represented.</p> <p>Year 6 also discussed the wider impacts of making healthier (meat-free) choices citing a reduction of meat consumption as something that has a wider impact on the planet.</p>	<p>Homesteading session to be used to discuss / model healthy packed lunches</p> <p>Visual guide:</p> <ul style="list-style-type: none"> ● Replace Snack with Treat ● Reorganise the Snack section for healthy options for break ● Translated versions ● Information on how to use the guide; different diets; information on allergies ● Eatwell plate image and explanation ● Links to further reading, suggestions, recipes

		<p>Vic picked up on this and talked briefly about also reducing the amount of plastic packaging in packed lunches.</p> <p>Year 3: Finley reported that in Pegasus class 18/21 children thought the visual guide would be helpful in making packed lunches. 3/21 did not. Unicorn class found it easy to understand, helping them to see what foods go into which category and how to make up a balanced meal. Unicorn class thought that additional nutritional information would be beneficial (salt, sugar, fats etc</p> <p>Vic read from Unicorn class the case of one child who admitted that dad didn't care about healthy eating but that they wanted one.</p>	
New lunch arrangements			To lead a discussion on the new lunch arrangements (see above)