

Wensum council - a strong voice for our young people

Council meeting 6/11/20

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

1.30 - 2.15

Chair: Pete

Minutes: Paul

Councillors:

Year 3: Harry, Alissa, Benson, Finley

Year 4: Adriana, Liam, Ashley, Naomi

Year 5: Jack, Vilte, Lily S, Batoul

Year 6: Keegan, Hugo, Naima, Loyal

Agenda for class discussion week beginning 9th November: Supporting healthy eating choices for packed lunches - widget visuals

- What do we like?
- What improvements should be made and why?
- Would you use this to help inform your lunches? If so, why? If not, why not?
- Next steps

Minutes from the meeting - single agenda item			
Agenda items from previous meeting	Further action agreed (16/10/20)	Update and discussion (6/11/20)	Agreed actions and next steps
1. Unhealthy snacks	<p>Widget visual now needs to be organised into food groups e.g. starter / main / dessert / snack / drink to ensure variety</p> <p>To look at where packed lunches 'can be taught' in school</p>	<p>In response to the minutes / agreed actions from the last council meeting, Tash (Phoenix class) has drafted a revised version of the widget 'menu' organising it in to 5 boxes:</p> <ol style="list-style-type: none"> 1. Main 2. Fruit 3. Vegetable 4. Drink 5. Snack <p>What the council liked:</p> <ol style="list-style-type: none"> 1. Loads of healthy options (Finley) 2. Clearly organised 3. A variety of snacks suggested 4. Provides help to create a more healthy, balanced lunch (Benson) <p>Areas for development</p> <ol style="list-style-type: none"> 1. Text needs to support other languages (Benson) 2. Should include information on allergies, especially nuts as we are a nut-free school 3. Consider merging fruit and vegetables into one box with advice on 5 a day 4. General advice on how to use 	<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>the resource to build a healthy and balanced lunch</p> <ol style="list-style-type: none">5. Consider replacing 'snack' with 'treat'. Snack is synonymous with break time. Also, 'treat' seems to better cover the types of food options in there.6. Consider a dessert or pudding option.7. A clear explanation that this is guidance only and it is not comprehensive - Loyal doesn't like any of the drinks shown.8. If there is text then we could also use the other side of the sheet; make it double sided.	
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