

Woodcocks' Well CE PS

Ethos Meeting – 22.1.2020

1. Healthy Eating

Mrs Massen explained to the children the importance of promoting Healthy Eating in school and asked the children to support this work. Ideas shared and decisions made:

- School to provide pancakes and fruit at break times
- A free fruit/ veg/ salad stand to be made available for all ages during morning break (small portions)
- Grow your own food + gardening club
- Ethos Group to share dietary benefits of healthy foods during Monday worship time
- Ethos Group to display this information on a 'healthy eating' board
- All children to have an afternoon fruit break (juniors during the pm lesson)
- Choice of additional salad or fruit for children having school dinners
- Children make healthy meals in class (as an alternative to making cakes) e.g. fruit salad

Action:

Children have been sorted into pairs and allocated a fruit to talk about during Monday worship times, as follows:

Mon 27th Jan – Thomas and Theo to talk about apples

Mon 3rd Feb – Imogen and Eadie to talk about oranges

Mon 10th Feb – Hollie and Noah to talk about kiwis

Mon 2nd March – Willilam and Lola to talk about pears

Mon 9th March – Isaac and Katya to talk about melons

Other Actions:

- Discuss purchasing gardening tools etc with the PTFA
 - Discuss introducing a whole school fruit play with teaching staff
 - Consider setting up a gardening club next half term?
 - Consider making additional fruit available during the mornings (small portions) for all children
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- Date of next meeting Wed 12th Feb at 2:45pm
 - Meeting closed at 3:10pm