

## School Council Meetings

Date: 18.5.22

### Agenda:

-Healthy eating: what is considered a healthy lunch and is there a way we can be more healthy at Deansbrook.

### Things we discussed:

-We spoke about what is considered a healthy lunch and what options we have in the school canteen. Children said they really enjoy having salad and pasta. They also like having fruit with their lunch.

-We spoke about how some children take seconds of a healthier option.

-Children mentioned that there are also plenty of chances throughout the day and that the water fountains being on mean that we can have more water breaks!

-Two children were chosen to speak on zoom for the Governors meeting.

### Action you need to take:

- Encourage others to walk to school.
- Choose healthy options at lunch time.
- Have plenty of water throughout the day and fruit.
- Remember you can have treats sometimes too!