

Wrapper Free Wednesdays

In Term 1, our Reception-Year 6 classes were asked to discuss ways that we can become more sustainable as a school. We had many responses from classes to encourage students to bring in less rubbish to school. In support of this, KESAB visited our school last term to complete a Bin Audit. This involved our Year 6 students learning about the importance of sorting rubbish and recycling. The students then sorted through our school's rubbish, weighed the contents and were presented with results based on their findings.

As a result of this information, 'Wrapper Free Wednesdays' (also known as Nude Food Lunch) is an exciting initiative we will be introducing at St. Joseph's Payneham this term. Wrapper Free Wednesdays is simply bringing food to school that is not wrapped in foil, plastic or commercial packaging. The best type of Wrapper Free Food consists mainly of fresh food, so that it is healthy and nutritious, and of course environmentally friendly.

Promoting Wrapper Free Wednesdays empowers students to make conscious choices about what they eat and encourages them to think about their impact on the environment (and their health). We are encouraging all students to participate in this exciting initiative.

Students in Reception to Year 6 will be informed about 'Wrapper Free Wednesdays' at the Week 6 School Assembly.

'Wrapper Free Wednesdays' will begin at our school on Wednesday 15th June (Week 7, Term 2).



***Tips on how to pack a Wrapper Free lunchbox on the next page.**

