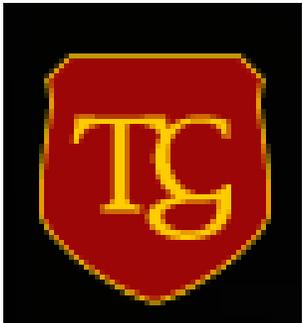


7 Athene are proud to  
present their  
Character Showcase  
celebrating our house  
value, Integrity.



# What is integrity?

- ▶ Integrity is when you are honest and have a strong moral principle
- ▶ It also means to be whole and have moral meaning.
- ▶ Integrity is also when you have the courage to stand up for yourself or someone else; independence



END  
HUNGER!  
ZERO  
HUNGER!

We were inspired by  
this years Global  
Goal of Zero Hunger

2 ZERO  
HUNGER





Launched by the United Nations in 2015, 193 World Leaders agreed to 17 Global Goals for sustainable development. If these goals were completed it would mean the end to extreme poverty, inequality and climate change by 2030. This year's goal is Zero Hunger.

We think trying to reach this goal demonstrates integrity, but how can we a small group of 11 and 12 year olds contribute to ending world hunger??

The United Nation's Food and Agriculture Organization (FAO) said that food production will need to increase globally by 70% to feed the world's surging population in 2050. ... Simply put, the more people eat meat, the fewer people can be fed







Could Townley  
become vegetarian?

How might we make  
this happen?



# WHAT WE NEEDED TO DO

- ✓ Speak to staff and students to find out if this would be something they would be interested in taking part in
- ✓ See Mog the manager in the Canteen to find out if it would be possible
- ✓ Meet with Mr Deehan to ask him for permission
- ✓ Call a Catering Council Meeting to discuss our plan and take a vote on it
- ✓ Promote the concept and raise awareness around the School
- ✓ After the first Monday measure how many extra vegetarian meals were sold and make sure that Meat Free Monday continues at Townley

# Shade did a survey and these were the results

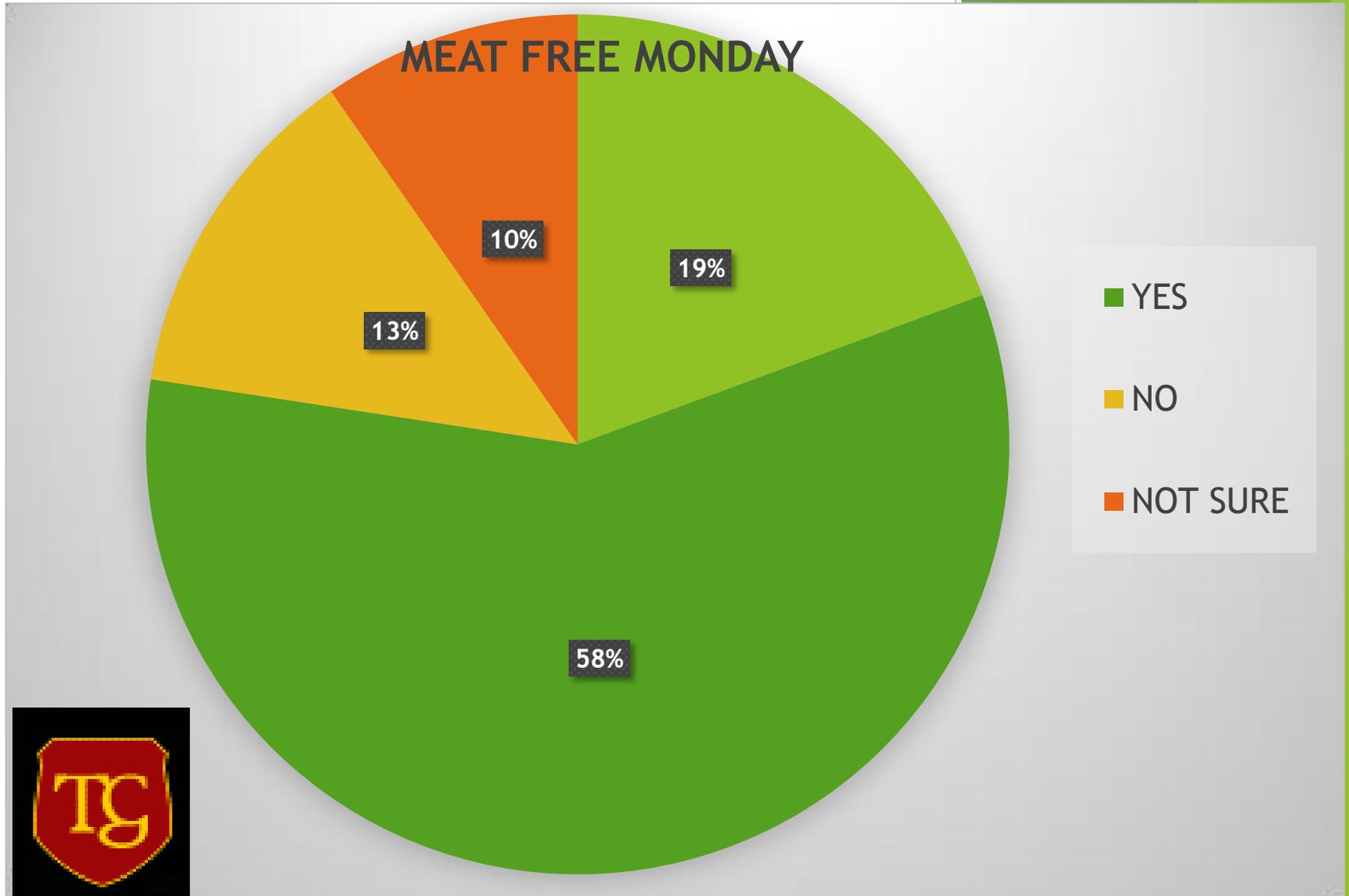
VEGETARIAN  
ALREADY 6

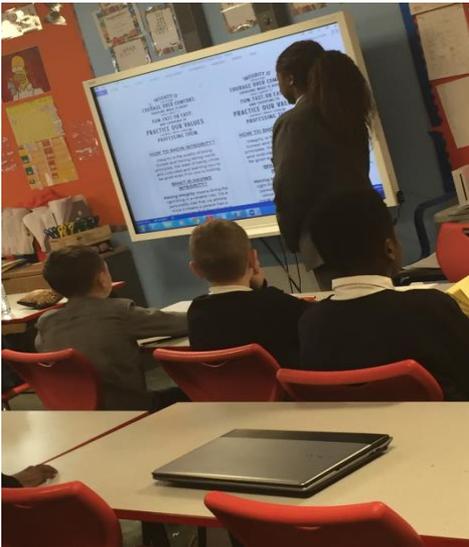
YES would try  
being Vegetarian  
for 1 day per week  
18

NO 4

NOT SURE 3

IN A CLASS OF 31

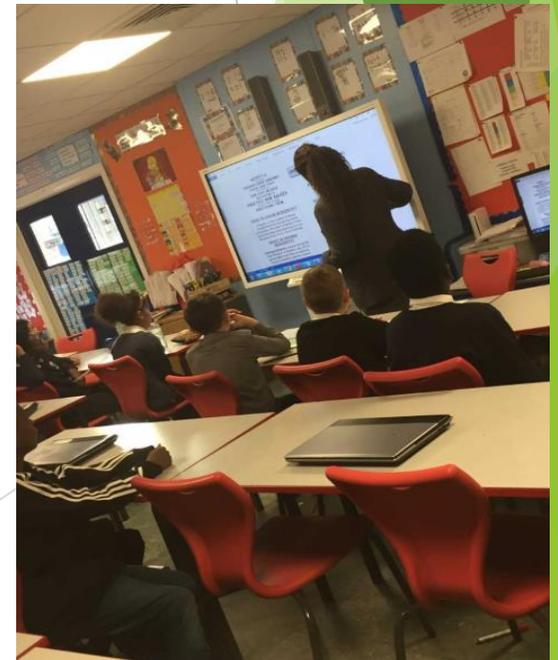




On Inset Day, we visited our Primary Schools and presented a talk on Life at Townley, Integrity and Meat Free Monday.



We discovered that a number of primary schools locally have already introduced Meat Free Monday and that they have been very successful.



**Our next Task was to meet with the manager of the canteen Mog.**

**She told us that currently she normally sells 180 meat meals every day and 50 vegetarian meals**

**She said she would be happy to go meat free on the first Monday of every month as long as the school council agreed**

**She said that because chicken wings were so popular at break time she would want to keep those on the menu 😞**



Manoja, Phoebe and Priya then met with Mr Deehan, they delivered a pre prepared presentation outlining our plan.

We were able to give him the Meat Free Monday menu from Mayplace primary school.

He was very impressed and said that he would support our plan 😊



Phoebe and Oli then had to ask Mr Fabiani to call an emergency meeting of the school councils catering committee.

Mr Fabiani was super helpful!

Phoebe and Oli then spoke to the committee who voted in favour of starting Meat Free Monday on December 4<sup>th</sup>

Hoorah!





Our next task was to raise awareness in the school of the benefits of going meat free one day a week.



We also wanted to encourage those who have a packed lunch to go meat free

We planned three workshops.....



The first workshop was to raise awareness of the benefits Fair Trade.

We showed a video about banana farmers and how Integrity links to going meat free and buying Fairtrade.

We held a poster competition and Zoe won first prize - Fairtrade vegetarian yummy chocolate buttons!



Our second workshop was to give students yummy ideas of what to have in a vegetarian packed lunch and was held in a food tech room.

We carefully planned what everyone should bring in, we wanted to provide a wide range as possible of ideas.

The workshop was a huge success with lots of year 7 and 8's attending. Many students tried foods they had never eaten before.

The biggest hit was the avocado!!

We took a vote at the end and everyone who attended said they would bring in a vegetarian packed lunch the following Monday!





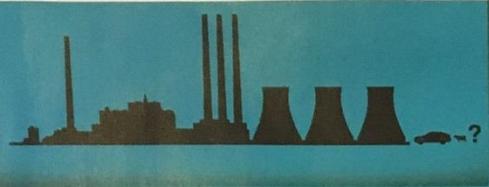
Our final workshop was on Thursday 30<sup>th</sup> of November.

In the workshop we did competitions, quizzes, games, facts, prizes and vegetarian refreshments all raising students awareness of the benefits of going meat free.

THERE WAS A COMPETITION FOR  
A CORNER BOOKMARK.



AN EXAMPLE OF SHADE'S  
WORK COMPLETED IN 5  
MINUTES!!!!!!!!!!



What is the World's  
Largest polluter?



What if the World  
went vegetarian?

Should we reduce the amount of meat/dairy  
we consume to save the World?

WHAT IF TOWNLEY  
WENT VEGETARIAN  
FOR ONE DAY?



We then worked with Mrs Avery to design professional looking posters and banners to display around the school

So how did Townley get along on its first Meat Free Monday?

The good news is that the canteen sold 87 Vegetarian Main Meals on Monday!

The bad news was that it sold 100 less main meals that day ☹️

**So what next...**



After speaking to Mog we think we need to do four things



1. Make sure the vegetarian option is a popular one. The vegetable casserole perhaps was not the best dish to start with ?
2. Increase awareness of the benefits of going meat free for the day with a Meat Free Monday Assembly.
3. Join forces with the Global Leaders and get them to help us to promote this brilliant cause!
4. Continue to demonstrate our integrity as a form and not give up on our goal!!

This is a song about meat free Monday

By Paul McCartney (creator of meat  
free Monday)

[https://youtu.be/\\_tPmyRloUGQ](https://youtu.be/_tPmyRloUGQ)

- ▶ **Meat Free Monday Its a fun day And its happening all around the world**
- ▶ **Meat Free Monday Its a fun day And its happening all around the world**
- ▶ **Think about the future How the world will be If we dont do something We face calamity**
- ▶ **Think of greenhouse gases Melting polar ice Ocean levels rising Better not think twice**
- ▶ **Meat Free Monday Its a fun day And its happening all around the world**
- ▶ **Meat Free Monday Its a fun day And its happening all around the world**
- ▶ **Think of too much livestock Warming up the land Gotta think of answers Gotta have a plan**
- ▶ **Think about the future How the world will be If we don't do something We face calamity**
- ▶ **Meat Free Monday Its a fun day And its happening all around the world**
- ▶ **After Sunday Meat Free Monday And its happening all around the world**
- ▶ **Meat Free Monday Its a fun day And its happening all around the world**



**JUST ONE DAY A WEEK  
CAN MAKE A DIFFERENCE!**

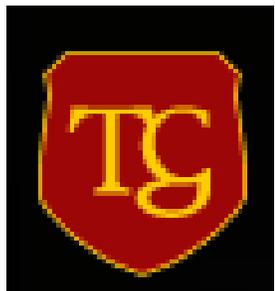
**1 DAY OUT OF 7!**

**4 DAYS PER MONTH!**

**48 DAYS PER YEAR!**

**THAT CAN MAKE A DIFFERENCE TO SO MANY  
ANIMALS!**

**SO THINK ABOUT WHAT YOU ARE EATING!**





Thank  
You