



## Ambassador pack

### What is it all about?

BNF is suggesting that schools enlist the help of pupil 'Ambassadors' during BNF Healthy Eating Week to increase whole school engagement and participation in the five health challenges.

Schools can appoint five pupil Ambassadors, one to champion each of the five health challenges during BNF Healthy Eating Week.

### The five challenges are:



The role of the Ambassadors will be to:

- encourage others to take part in their designated challenge;
- support and sign-post activities taking place in school related to the challenge;
- help plan additional activities to make their challenge fun and engaging.

Ambassadors can enlist the help of a small team of others, if they wish.

You can use the resources in this pack to advertise for, recruit and brief your Ambassadors!

You may wish to recruit from your School Council or open the opportunity to all pupils.

### Thank your Ambassadors

At the end of the Week, you could present the BNF Healthy Eating Week certificate to your Ambassadors to thank them for their efforts.



## Ambassadors Needed!

**Are YOU up for the job?**

Our school needs five BNF Healthy Eating Week Ambassadors – one for each of the five health challenges.



### **What will an Ambassador do?**

An Ambassador will encourage other pupils to complete a health challenge during BNF Healthy Eating Week. They will do this by being enthusiastic and planning activities and fun ways to tell others about the challenge and help them get involved!

### **Interested?**

You can get a more details from:

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**Application closing date:** \_\_\_\_\_

## Ambassador job description

### You will need to be:

- a role model for your challenge;
- confident about speaking to other pupils so you can tell them about the challenge;
- enthusiastic so you can motivate others;
- able to think of fun ways to help others meet your challenge;
- a good leader.





## Ambassador application form

Name: \_\_\_\_\_

Form/Class: \_\_\_\_\_

Which BNF Healthy Eating Week Ambassador job are you applying for? (Circle one only.)



Give three reasons why you think you would be good for this job.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Explain one or more of your ideas for promoting your chosen challenge and making it fun for others.

  

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Dear \_\_\_\_\_

**Congratulations on becoming our school's  
Ambassador  
for BNF Healthy Eating Week 2019!**



## What to do next

- Choose a few other pupils to help you.
- Meet with the member of staff who will be helping the Ambassadors with their ideas.
- Meet with your team to work on your plans.



## Ideas

Here are some ideas for ways you could promote your challenge.

- Plan to do a presentation in assembly to tell others about the challenge – what it is and what they have to do!
- Make a leaflet providing useful ideas and tips for how to meet the challenge - display this in school or make copies to hand out.
- Plan a special lunchtime event based around your challenge during the Week – try to make sure the whole school can get involved.
- Write information for the school website to let parents and carers know what is happening and how they can support.



## Ambassador report

BNF would really like to hear how you got on as an Ambassador for one of the five health challenges. If you would like to tell us, please complete this report, scan it and email it to Claire at: [postbox@nutrition.org.uk](mailto:postbox@nutrition.org.uk)

**Name:**

**School:**

**Challenge:**

**What you did to motivate and involve others:**

**What worked best:**

**What you would do next time:**

**What you liked best about being an Ambassador:**

**What could BNF provide, or do, to help you be an even better Ambassador?**

Thank you for supporting BNF Healthy Eating Week 2019