



# What's for lunch today?

One example of how the Bill of Rights can shape everyday school life


## Quote from the Bill of Rights



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Bill of Rights

### § 23 Meals

- (1) The students have the right to decide for themselves on the choice of food offered at lunch. The educators are available to advise the students. The educators reserve the right to make recommendations to parents regarding the choice of breakfast and afternoon snack.
- (2) The students have the right to decide for themselves whether, what and how much they want to eat, provided there are no medically indicated or family-related religious or ideological restrictions.
- (3) The educators reserve the right to determine where food and drink may be taken.
- (4) The educators reserve the right to determine when meals may be taken. The students have the right to decide for themselves when to have snacks between meals.
- (5) The students have the right to have a say in the rules at table.
- (6) The students have the right to decide for themselves who they sit next to. The educators, however, reserve the right to temporarily restrict this right with a special justification.



§ 23 Meals (1) The students have the right to decide for themselves on the choice of food offered at lunch. The educators are available to advise the students.

This is one small example for how students at Laborschule Bielefeld can make a choice for themselves when it comes to their lunch.

Choosing one's own lunch can also foster students' body autonomy because they learn how to listen to their bodies and to consider their own needs when it comes to nutrition.

# How to put this idea into practice

## 1. Taking photos of the food

The members of staff took photos of all dishes offered in the dining hall throughout an entire term. This was to help the children identify the various dishes even if they cannot yet read or know the names of the foods.

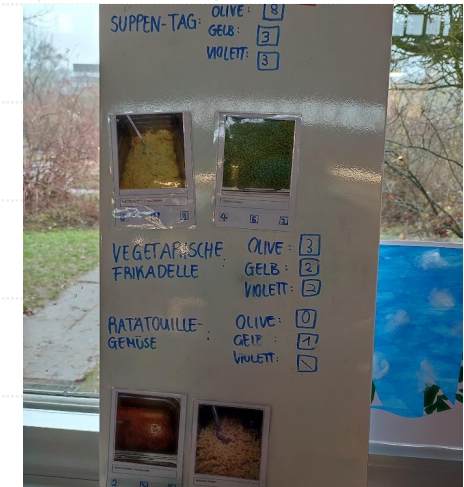
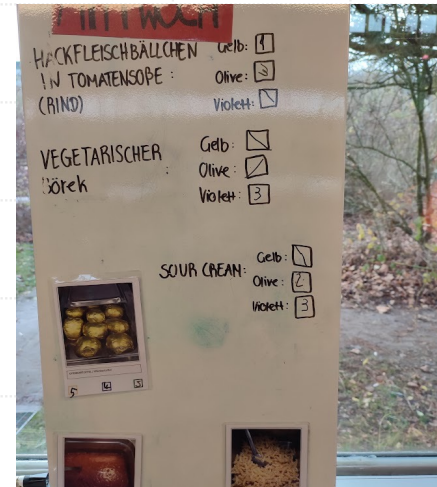


Photograph: Kirsten Beadle

# How to put this idea into practice

## 2. Visualising the lunch options

The photos are then transferred to a large flipchart sheet and presented with boxes to collate the numbers of children who would like to order that dish on that day.



Photograph: Kirsten Beadle



# How to put this idea into practice

## 3. Decision time

During the morning assembly, students take turns in facilitating the collation themselves. The child who leads the assembly for that day asks for two volunteers. One to help count who would like to eat what and another to transcribe the count onto the board. The elegance of this is that children self-assess in what area they can best support the process (e.g. only those who can write will offer to take the role of the scribe).



Photograph: Veit Mette

# How to put this idea into practice

## 4. Putting the food in the table

With the orders collected by students, the staff then use the numbers to serve the chosen dishes on the class table before the children enter the dining hall.

This democratic process helps ensure that children get to eat what they want, and at the same time share ownership of the deliberation process.

Another advantage is the reduction in food wastage and we have also observed that the children take more interest in what they eat.



Photograph: Leo Knauff

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