

Brookstone Schools

Lunch Buddy Mentoring Program

One of the best ways to overcome socioeconomic challenges effecting academic achievement is for children to have supportive relationships with concerned adults. That is the rationale behind the Brookstone Lunch Buddy Mentoring program. Even though the commitment is only 30 minutes a week, we expect positive changes to take place in children with Lunch Buddies.

How Lunch Buddy Mentoring Works

A Lunch Buddy Mentor commits to eating lunch with a Brookstone student in the cafeteria once or twice a month. It will be with the same student each time. It does not have to take place the same day each week. The Lunch Buddy brings his own “bagged” lunch and arrives at or a few minutes before his student’s scheduled lunch time. He sits and eats at the lunch table with his student. Lunch times are 11:30-noon for kindergarten – 2nd grade and noon – 12:30 for grades 3-5.

We will do our best to remind Lunch Buddy Mentors by email of school holidays and fieldtrips. If your student is absent when you arrive, you are encouraged to have lunch with his/her other classmates. Or you may simply excuse yourself and come back the next week. To apply to become a Lunch Buddy, simply fill out a volunteer application and background check form and return to the Brookstone office. (2461 Arty Ave., Charlotte 28208)

General Guidelines

- Using the Arty Avenue entrance, ring the Brookstone buzzer and the door will unlock.
- Sign-in at the table at the entrance and put on your name tag.
- Sit at the table with your student.
- Call him or her by name and express often how much you enjoy being his or her Lunch Buddy.
- Encourage your student by finding things to affirm and compliment.
- Ask about school work to develop an understanding of how the student is doing in school.
- Talk about after school activities, sports, music, etc. These topics are usually less threatening than direct questions dealing with a student’s thoughts and feelings.
- Tell about your life - your family, your interests, and your faith.
- Pray for your student.

Things to Keep in Mind

Don’t expect to have meaningful conversations every time. What makes the most impact is a consistent, supportive, affirming presence.

It is sometimes overwhelming for a student to be the center of attention, so others at the table may be more talkative; this is normal.

It is ok to give cards or lunch treats on special occasions or occasionally, but we really want to emphasize the relationship over the objects.

Signature_____ Date_____

