

The Digest



Food for Life news for Leicestershire

2018-2019

Welcome to the **2018-2019 annual edition** of the Food for Life Digest – taking you through to March 2019.

The Digest is designed to inspire you with your Food for Life adventures. We have included ideas, competitions, farm visits bursaries to support you to embrace a positive food culture, and FREE training and events across the year. Your friendly local team are on hand to help you every step of the way. Funded by Leicestershire County Council Public Health Team we are pleased to be working with over half the schools in the county helping them with their Food for Life and Healthy schools enhanced status; Healthy Weight Awards.

This Edition is jam packed full of inspiration, information and pointers for you to make use of in your school including:

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Healthy Schools Dual Awards

Did you know that in achieving your Food for Life Bronze Award, your school will be eligible to apply for Healthy Schools Enhanced Status: Healthy weight? Contact us for more information.



CONTACT US

We would love to hear from you



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Food for Life

Food for Life is here to make Britain healthier through food. We want to make good food the easy choice for everyone.



There is lots of improvement to be had! A fifth of children joining primary school are now obese or overweight. With increasing evidence that children are not aware of where their food comes from, we're here to support you to make a change.

The Food for Life Award is a flexible framework, working through the curriculum to shape and develop your food culture and demonstrate that your school is positively working to provide healthy school meals, excellent lunchtimes and food education that has a positive impact on both pupils and the wider community. There are three cumulative awards, Bronze, Silver and Gold which all build upon the same ethos and desires for your school. It even helps support your Ofsted inspection too!

Great news, in **Leicestershire**, awards and extra support to achieve them is **available FREE** to schools as **Leicestershire County Council Public Health Department** have funded this on behalf of all schools.

Food Quality

Why is it important? Serving good quality food provides a sound foundation that supports a positive food culture. It reassures parents & staff that you are serving food that is sustainably sourced and traceable, as well as being nutritious and fresh.

Examples of Bronze Criteria:

- 75% of dishes on the menu are freshly prepared.
- Eggs are from free range hens.
- Free drinking water is prominently available.
- Catering staff are supported with skills training and are engaged in food education.



Food Leadership & Food Culture

Why is it important? Bringing together pupils, parents, teaching and catering staff is the basis of the 'Whole School Approach' that will allow good food culture to become an intrinsic part of school life. Empowering students to make sustainable positive change.

Examples of Bronze Criteria:

- Our SNAG is leading a review of food culture in our school & actions will be taken.
- Make commitment to phase out flight trays.
- Monitoring school meal up take & maximise Free School Meal uptake.



Food for Life Schools Awards Programme

Provides **independent endorsement** for schools that serve nutritious, fresh, sustainably sourced food and support pupils to eat well and enhance their learning with cooking, food growing and farm links.

With support from the Food for Life team, your school will adopt a **whole school approach** to create a positive food culture.

It is centred around **four areas of development**, which link to the criteria and create an action framework for your school.

There are three cumulative levels of Schools Food for Life awards, Bronze, Silver and Gold.

Food Education

Why is it important? Young people becoming increasingly disconnected from the food they eat. Teaching children to cook, grow and understand where their food comes from allows them to make decisions which impact on their health both now and in the future.

Examples of Bronze Criteria:

- Use topics of healthy and sustainable food as a theme for assemblies.
- Pupils take part in regular cooking activities and this is linked to a Whole School Approach to food.
- Organise an annual farm visit, linked to wider learning.



Community & Partnership

Why is it important? At the heart of the Food for Life ethos is making good food the easy choice for everyone. Sharing experiences with the wider community allows benefits to extend beyond the school gates, a chance to celebrate good food and its cultural connection.

Examples of Bronze Criteria:



- Hold an annual food themed event including the wider community.
- Share Food for Life learning with local school, community and partners.
- Engage the wider community in growing & cooking.

The Magic Ingredient – The Whole School Approach

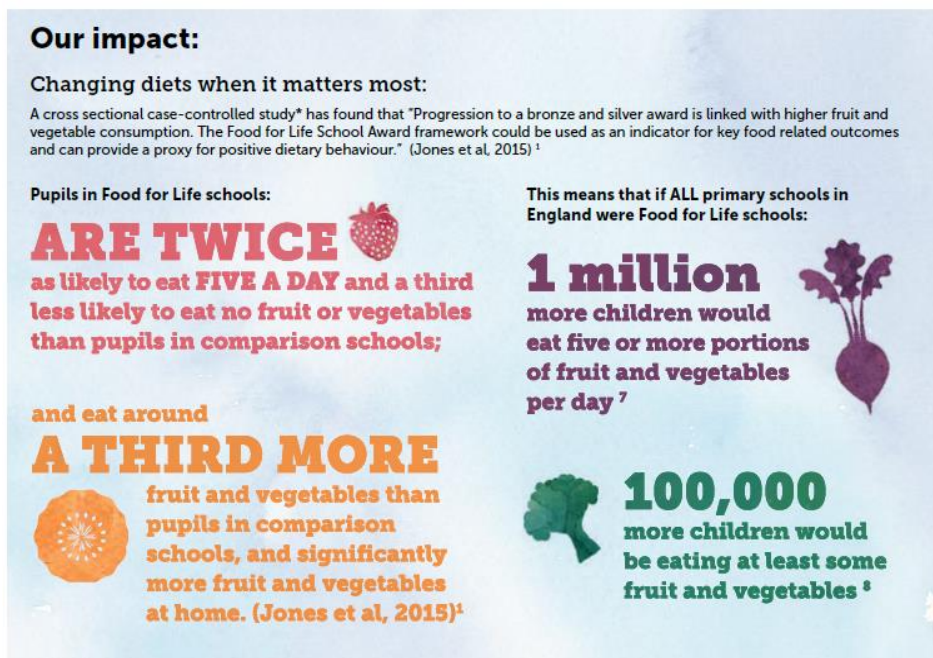
The 'Whole School Approach' is the framework that guides the development of a healthy food culture in schools. This approach is endorsed by the Head Teacher, enshrined in the school development plan, and permeates the Whole School experience. The approach ensures consistency: What is taught about food and healthy eating in lessons is reflected and reinforced in the daily life of the school, with the dining room becoming an extra classroom. Pupils are empowered to help guide the process, with the programme reaching out beyond the school gates into the wider community.

We have some great resources and tools to support the development of a Whole School Approach, including guidance on developing a food policy and establishing a 'School Nutrition Action Group'. In a 'Whole School Approach', pupils, teachers, cooks, caterers, parents, and governors all have a key role to play.

See our **School Award Criteria & Guidance** for more information at www.foodforlife.org.uk/schools/criteria-and-guidance, which is referred to within this newsletter e.g. **G2.1 School meals are the norm in our school.**

The challenge:

- Poor diet is now the largest contributor to disease burden in England (from diabetes to cancer and heart disease).
- More than one in five children are overweight or obese when they start primary school, and this rises to one in three children by the time they leave. Obesity prevalence in children in the most deprived areas of the country is around twice that of children in the least deprived areas, a gap which appears to be widening.



Making the Whole of the school's voice count

School Nutrition Action Group (SNAG), Foodie Fans or whichever superb name you choose, is a team who meet regularly to **review and improve the food culture** in your school and ensures you adopt a Whole School Approach to food education and culture.

Your SNAG group, made up of pupils, lead teacher, Food for Life lead, Cooks, Senior Leaders, Governors, parents and the wider community. Try to have at least one additional adult at each meeting. For some agendas, e.g. organising your school food event, how about inviting in a **special guest** from a local farm, shop, food producer, restaurant or Councilor. They will bring innovative ideas, and you will have the chance to share what the school is doing with your local community.

Pupils gain many skills from being a part of a SNAG; organisation, confidence in putting across views, public speaking, empathy for others and obviously food knowledge! **Good recruitment** means you hit the ground running. A school shared a brilliant idea of inviting pupils to be a part of the SNAG. This could be pupils who are fussy eaters, interested in food, less confident and less engaged with learning and school, a good mix and they will learn and grow together.

You could advertise and have pupils apply. Tell them all the **exciting things the SNAG is involved in;** planning the garden, helping to look at and shape the dining experience, meeting with special guests, planning a whole school food event, looking at healthy eating in school and making positive changes and any other fantastic ideas you come up with!

Other ideas include; debates about food topics, this could be a current topic in the news, or an ongoing debate E.g. Free range vs. non-free range, share SNAG updates and learning with the whole school with displays, videos or assemblies.

Don't forget there are lots of **resources on your school portal**, including action plans and student and parent questionnaires. Get in touch with your Food for Life Lead on the front page, if you need more ideas and resources.

Share, Inspire and Learn– Food for Life Blog Competition

We love reading your blogs! They are a great way to share your Food for Life learning with other schools and move towards your Food for Life Award. By reading blogs from other schools on the Food for Life website you can pick up valuable tips and hints on how to create a positive food culture in your school and achieve your Food for Life Award.

Visit www.foodforlife.org.uk/whats-happening/blogs, to be inspired for your Food for Life journey, and your blog too.

We are looking out for the next star blogs about fabulous Food for Life activities written by you or your pupils. The prizes for the Blog competition include **curriculum resources and cooking equipment**. It is said people write best about something they have been involved in and Food for Life is all about getting stuck in, so it will be a great opportunity to get the best writing from your pupils.

The blog should include things like what the activity was, what they (and maybe yourself) have learnt, what was enjoyed the most. Use whichever writing format allows the audience to best imagine what you have done, maybe a poem or a newspaper article, whatever gets your creative side going. It would be great to have a photograph or picture to go alongside your blog too.

Tip: By writing blogs you will be working towards the following criteria of the Food for Life awards B4.2 and S4.2!

To enter please send an e-mail to jplater@soilassociation.org with a URL link to your blog. The deadline for entering the Blog competition is 4th July 2018.

Inspiring stories from Leicestershire



Invite a farm animal to holiday at school; Croft C of E Primary School often have animals holiday with them, so the children get an influential first-hand experience. This is a great idea for those who would love to have farm animals at their school, but aren't sure they can take on the responsibility. Croft has a purpose-built pen to host their guests. Through this initiative the children have had sheep visit for a few weeks, watched them be shorn, seen the wool spun into yarn and the yarn be knitted into a jumper. The children have also learnt about their guest animal's welfare and if and where they fit into the food chain. The children love visiting the animals at break and lunch times as well as learning about them in class.

Healthy Schools week; Burton on the Wolds have held a whole 'Healthy Schools Week' during which parents came in to help make fruit kebabs and take part in sugar awareness workshops. They helped Year 6 children to cook wartime recipes and parents and grandparents shared a school meal with Foundation children, some of them experiencing the dining room and school dinners for the first time.

Join Us for Lunch; Fernvale Primary School's 'Join us for Lunch' family dining event is in its third successful year, this promotes their school meals and increase uptake. During one term, they offer each child a chance to have lunch with someone from their family. Each year group is assigned a day of the week. They all sit together, have a great time enjoying a lovely school meal and chatting with other families. Once they have finished the children say goodbye to their guest and go out to play. This is one of our most popular community events and one of the easiest to organise. These are a couple of comments from our parents;

"We look forward to this event each year it is lovely to feel part of the school dinner experience."

"My child was reluctant to have hot dinners but this has encouraged her to try some."



Leicestershire's Grandparent Gardening Week 2019

This week takes place on the third week in March each year, look out for the date closer to the time on www.foodforlife.org.uk or via emails. Grandparent Gardening Week aims to help schools to get support from the local community to kick start their gardens into action after the winter.

Hosting gardening activities is a great way to reach out and engage grandparents, carers and local residents (including local allotment holders) in your school activities, and to get your garden in tip top condition along the way!

Host a Grandparent Gardening Week:

- Register your event by going to www.eventbrite.co.uk and searching 'Food for Life's Grandparent Gardening Week'
- Identify a time during the week (even after school) to host your Grandparent Gardening Week activity.
- Ask your School Nutrition Action Group (SNAG) to lead the activities, involving your school cook and DT lead.
- Find out what crops everyone would like to see grown, think about where you might plant them or how your cook could use them in their recipes, linking the crops with the kitchen and classroom learning. Share ideas and plans across your school or nursery to involve everyone in the fun!
- After all the hard work, treat guests to some school-made refreshments, soup or even a school dinner. There are plenty of expert teaching resources to download from our website; from how to plan your garden, through to seasonal planting guides and growing-related games and activities.



Did you know?
As well as all the mud and fun, it can help you meet many of your Award criteria:

B2.3 & S2.5	Use this as an opportunity to invite your gardening helpers in for a school lunch with pupils. Run some 'school tours' to show off other Food for Life related work.
B4.0	By incorporating cooking and eating the garden produce into the day - making it a real celebration of food.
B4.2 & S4.2	Be sure to talk about your event. Write a blog on the Food for Life website, and share your experiences with local schools at Ideas Factories. Get the pupils involved in doing this to progress to Silver.

The wider impact of Food for Life



Our parent survey comprises three simple questionnaires, designed to be led by pupils. It explores the impact your Food for Life activities are having on pupils, school staff, families and the school community. This positive and encouraging approach captures the difference Food for Life schools are making in their local communities and also supports schools through the Food for Life framework.

The survey is intended to reflect a Food for Life event involving the parents and the wider community. It involves pupils conducting a brief questionnaire with visiting family and community members and gaining feedback on the event. This activity will support **B2.0, B2.2** and **B2.3**

For your parent's survey pack or to find out more please email your Food for Life support (see front page). We have ten **£20 vouchers** to spend at the Age UK group, Men in Sheds Loughborough, for the first ten schools who take part and respond with questionnaire details. We will come and collect the surveys in person, and gift you your prize as a thank you.

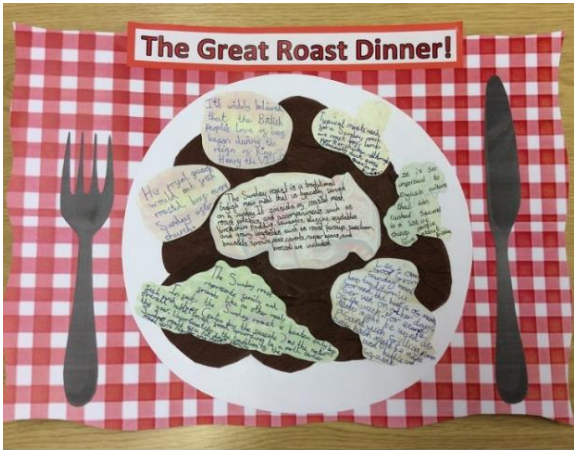


Leicestershire Roast Dinner Day – 14th November 2018

Roast Dinner Day takes place during National School Meals week, serving up freshly prepared, locally sourced roast dinners to staff, pupils, their families and members of their local community.

Schools opened their doors to parents, grandparents and the wider family and members of the local community to join with pupils and staff to share in the traditional favourite British meal – the great roast! As a part of the theme of this annual Roast Dinner Day Competition, schools were asked to design a poster around topics such as the history or origin of the roast dinner, where their roast ingredients had come from or how to cook the perfect roast.

A Leicestershire school, Newcroft Primary were delighted to be the winners, collecting an aluminium Veg Trug in reward for their brilliant poster created by the children. The poster examined the history, culture and ingredients of the roast dinner - as well as the important role the meal can play within families.



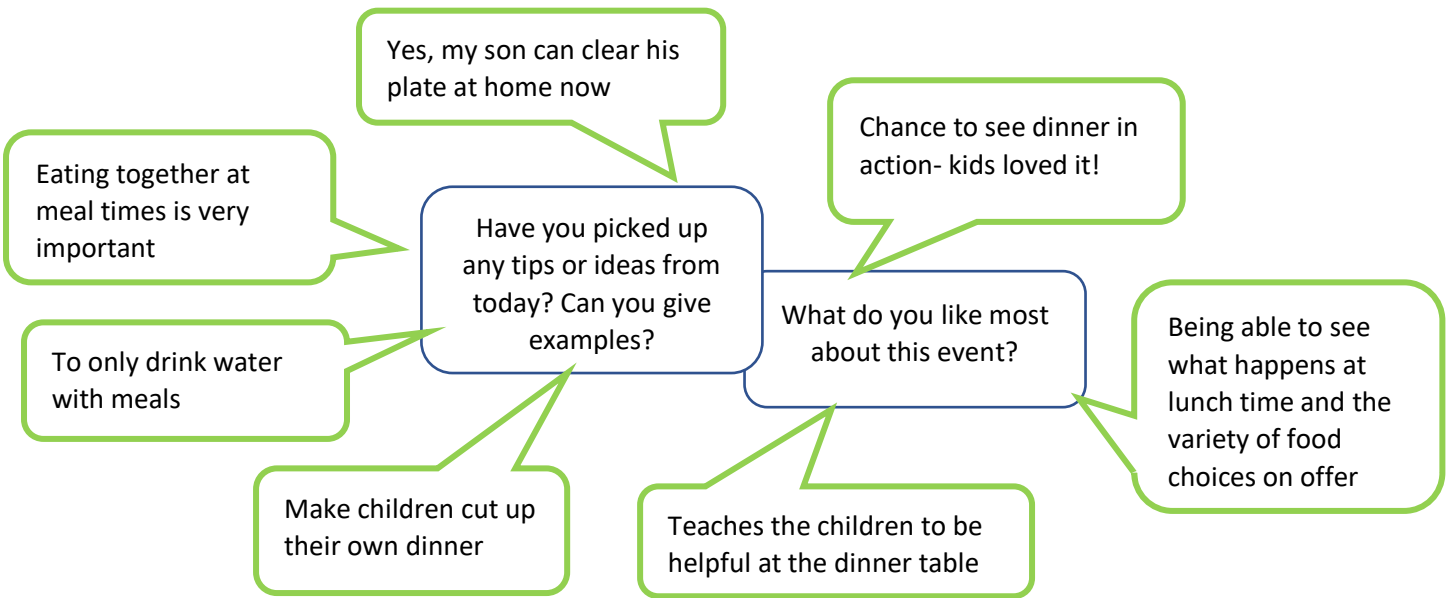
"Roast Dinner Day is all about celebrating fantastic school catering staff as well as celebrating how far we've come in improving school meals across the country." **Jeanette Orrey (Co-Founder - FFL)**

Remember by hosting a community event, schools are also getting one step closer to achieving an award by ticking off the following award criteria, **B2.3** and **S2.5**. Plus, you can always tie other activities into the day to build on the event:

- B4.0** We hold an annual event on a food theme for our pupils, parents and the wider community.
- B4.1** We make efforts to actively engage parents and/or the wider community in our growing and cooking activities.
- B4.2** We share Food for Life learning with local schools, the wider community and other partners.
- S2.5** We invite parents and/or community groups into school to eat with our pupils.
- S4.0** We hold events to involve parents and/or the wider community in growing and cooking activities.
- S4.1** We actively encourage our pupils and their parents to grow and cook their own produce at home.
- S4.2** Our pupils share Food for Life learning with local schools, the wider community and other partners.
- G4.3** We host regular visits about Food for Life from other schools and stakeholders.

Why not take part? Many new settings participated for the first time in 2017, and we hope even more will register and join in this year! It'll take place on 14th November 2018– we hope you can get involved!

Parents views captured from Leicestershire's Roast Dinner Day 2017



Parents' Corner

Many schools use the Food for Life Programme to cultivate an interest in food related activities amongst children and staff but reaching out to parents is just as important, and often more challenging!

There are a variety of ways in which schools can keep parents informed of food activities and learning within school, whether it's curriculum-based, extra-curricular clubs, or events where parents and the wider family are welcomed in.

Including news updates about Food for Life activities or learning on the school website or in your newsletter is a great way to keep parents informed – you can also tweet or blog about what you've been doing! It's great to shout about Food for Life successes and even about areas where you may need some support or expertise e.g. help with cooking, gardening activities, reminiscent events and farm visits.

We have a dedicated section and downloadable pack for parents here at www.foodforlife.org.uk/parents. Parents can find out all about the programme and how they can support your work as a Food for Life school, from supporting with cooking & gardening clubs, to finding out if their child's school is enrolled onto the programme. There are also some great ideas for parent led fundraising and donations of gardening and cooking equipment!



Parents' helping hands

Remember – the more parents involved, the more embedded Food for life will become in your pupils' and the school's lives – parents' support will help you meet a number of criteria and ultimately make it easier to achieve your Award.

Have a look at some of the criteria below which are more easily met with parental support. They may be able to give you a helping hand!

B2.2 We consult with our pupils and parents on school meal improvements.

B4.0 We hold an annual event on a food theme for our pupils, parents and the wider community.

B4.1 We make efforts to actively engage parents and/or the wider community in our growing and cooking activities.

S2.4 We work with parents to discourage unhealthy snacks or lunchbox contents

S2.5 We invite parents and/ or community groups into our school to eat with our pupils.

S4.0 We hold events to involve parents and/or the wider community in growing and cooking activities.

S4.1 We actively encourage our pupils and their parents to grow and cook their own produce at home.

G4.0 Our parents and/or the wider community are actively involved in growing and cooking activities in our school.

G4.1 Our parents can buy or collect organic and/or local produce at our school, or we direct them to alternative outlets.

Local Area Coordination

The Local Area Coordinator (LAC) Team are dedicated to supporting vulnerable adults with day to day activities which they find difficult. They work closely with GP surgeries, adult social care teams and the police, in order to identify individuals who may benefit from support, as well as developing a presence within their local communities.

What do Local Area Co-ordinators help with?

- Individuals: thinking about how to make life better and looking at what you have to offer
- Connecting with others: linking people together and being part of a community
- Information: finding out about what's happening in your area and getting the right help from services
- Taking action: making positive changes

If you know of a parent or someone in the wider community you feel could benefit from the LAC's support, please pass on the details below. LACs often attend our Ideas Factories too, so you can find more information at these sessions.

For further information about Local Area Co-ordination and where the team cover please log onto www.Leicestershire.gov.uk or contact Simon Dalby, Local Area Co-ordination Manager at simon.dalby@leics.gov.uk.



Food for Life Training 2018-2019

Our training continues to be Free and curriculum-linked to support schools in transforming food culture. Aimed at teaching and support staff, these popular sessions support **curriculum cooking, gardening & making farm links**. They are designed to inform long term planning and underpin Ofsted's new Common Inspection Framework (published June 2015) in relation to schools supporting pupils to gain *"knowledge of how to keep themselves healthy", including healthy eating*.

TEACHING COOKING CONFIDENTLY

9:30 – 15:00 on 28th November 2018

Introductory, hands-on course enables you to help pupils develop progressive cooking skills in line with the Cooking and Nutrition curriculum and in the context of the Food for Life framework.

Offering practical tips on running cooking activities at different ages, the preparation involved, demonstration techniques and ideas for classroom management. Suitable for all school staff involved in teaching cooking to primary pupils.

"Well organised. Very knowledgeable, learned lots"

"Thank you. Really informative"

Participants will receive a range of resources: templates, recipes and guidance for use in school.



FREE SKILL UP PACK FOR ALL SCHOOLS IN LEICESTERSHIRE

Skill Up, Start Cooking is designed to support the teaching of cooking and ensure skills progression for the 3–11 age groups.

Enrolled schools receive a **free copy** the *first time* they send a teaching member of staff to a Food for Life cooking course.

Inside the pack, you will find:

1. Support for teaching ages 3–11
2. Lesson planning guides.
3. Teaching cooking skills; a step-by-step guide.
4. Cooking skills checklist
5. 32 recipes with teaching instructions and a focus on skills development.
6. Four 'Grow a Soup' guides to link cooking and growing activities.
7. Nutrition and traffic light information for all recipes.

Copies of this wipe-clean hardwearing resource can be purchased from **Food for life for £35**.



COOKING FOR A CHRISTMAS MARKET

9:30-15:00 on 14th November 2018

This course will give ideas on how to prepare for a Christmas Market, making festive products linked with curriculum cooking and growing to support wider school enterprise projects. The practical cooking session will include discussion about the preparation and setting up of a cooking activity with reference to health and safety, as well as classroom management and organisation.

PLANNING FOR A FARMER'S MARKET - BITESIZE

13:15-15:15 on 4th October 2018

This short course covers everything you need to know to run a School Farmers' Market at your school.

This is an excellent enterprise project that can raise money for the school, build your profile within the community, support all your Food for Life activities and help you get your award in a really fun, rewarding way.

From planning what to grow, cook and sell to how to encourage local producers to your event, everything you need to know about running a successful School Farmers' Market is covered. Each school will also receive a **free resource booklet**.

"Very informative course"

COOKING FOR A SCHOOL FOOD EVENT

9:30 -15:00 on 13th February 2019

To inspire and support school staff in organising appropriate cooking activities to make products for sale at school food events.

This course is designed to inspire and support primary school staff in organising appropriate cooking activities to make products for sale at school food events. Participants will spend the day considering the opportunities and learning potential in running Food for Life school food events and exploring a range of classroom organisation and teaching techniques to ensure the cooking activities run safely and effectively. They will then prepare and cook dishes suitable for different school food events such as chutney, savoury scones, curries and soups.

"Thank you for some fabulous ideas and suggestions to improve cooking events in our school"



FROM PLOT TO POT, PLANNING WHAT TO GROW IN YOUR SCHOOL GARDEN

9:30 – 15:00 on 6th February 2019

This one-day course makes practical curriculum links with growing activities and offers an opportunity to plan what to grow in a school garden, from seed sowing to harvest, including vegetables and herbs.

Suitable for new school gardeners, the gardening session will cover the basics of organic growing and composting, and includes practical curriculum linked activities. By the end of it, all delegates will be able to:

- Show awareness of basic organic principles.
- Show an awareness of a range of seasonal produce.
- Plan a vegetable plot with a view to using the produce in practical cooking across the year.
- Understand the composting process and how to apply this in school.
- Demonstrate a practical activity related to gardening in school.

“All of it, because I am a complete beginner but the planning for the seasons and tips about what is best to grow for the children and school term”

“A really enjoyable course - held my interest throughout and really well structured”

The session will also make relevant **curriculum links** to other primary subjects, including maths, literacy, science, geography and history. Delegates will also receive free resources to take away.



FILM MAKING ON A FARM

9:30-15:00 on 27th June 2018

With the on-going development of increasingly cheaper and more accessible forms of technology, the ability to use film as a medium for education is increasing. On this course you will learn how to task children with creating a film of their visit to a farm, developing their skills such as team working and communication.

We will familiarise you with new technologies, make links to the wider curriculum and follow activities from the accompanying 'Film making on the farm' resource that has been designed to introduce children to the fun world of film making.

COOKS' NETWORKS

14:00-16:00 at Roots at Thorpe farm, Thorpe Farm, Barkby Thorpe, Leicester, LE7 3QE

These informal meetings will be an opportunity for open discussion and networking with fellow school cooks and catering managers.

Hosted by the Food for Life team we will be exploring the following areas:

- **Menus** – Sharing best practice and what works well.
- **Recipes** – We will aim to produce a Leicestershire Schools cookbook.
- **Training** – What skills would we like to develop?
Can we arrange it as a group?
- **Suppliers** – We can talk about bargains, customer service, what we struggle to get hold of and how we can work together to improve things.

“The most significant change has been seeing how other establishments are run and hearing new ideas and suggestions”

ORCHARDS AS LOCAL FOOD PRODUCTION SITES – FARM LINKS

9:30-15:00 on 7th March 2019



This a new training developed for Leicestershire which will enable schools looking to develop their Farm Links for Silver and Gold awards to

learn about how to incorporate orchards into their programme of seasonal activities around local food production.



Dates of sessions:

- Thursday 19th April
- Tuesday 15th May
- Thursday 21st June
- Thursday 11th October
- Tuesday 20th November
- Thursday 24th January
- Tuesday 12th March

IDEAS FACTORIES

We have Ideas Factories throughout the year being held across Leicestershire. They will take place after school from **15:30 – 17:30**.

In addition to the formal training courses offered, our twilight sessions give teachers and support staff the chance to get together informally after school and share ideas about positive food culture in their schools.

These sessions have been designed to help you deliver Food for Life and build networks beyond your school. You will also receive support and advice on how to achieve a Food for Life Award in your school. Delegates will also get the opportunity to explore a range of Food for Life resources and will be treated to some delicious good food too.



Leicestershire Food for Life Training & Support 2018-19

Date	Course	Venue
Thursday 14 th June 15:30 – 17:30	Ideas Factory; NW Leicestershire Cattows Farm	Cattows Farm, Swepstone Road, Heather, Coalville, LE67 2RF
Wednesday 27 th June 9:30 – 15:00	Film making on a Farm	Oakley Grange Farm, Hathern, Leicestershire. LE12 5LL
Thursday 20 th September 15:30-17:30	Ideas Factory; Harborough Natures Pantry	Natures Pantry, 3 Church Street, Market Harborough, LE16 7AA
Thursday 27 th September 15:30 – 17:30	Ideas Factory; North Charnwood Fearon Hall	Fearon Hall, Rectory Road, Loughborough, LE11 1PL
Thursday 4 th October 13:15– 15:15	Planning for a Farmers' Market - Bitesize	St. Peter's C of E Primary Academy, Station Road, Market Bosworth, CV13 ONP
Thursday 1 st November 15:30-17:30	Ideas Factory; Blaby Whetstone Pastures	Whetstone Pastures, Whetstone Gorse Lane, Leicester, LE8 6LX
Wednesday 14 th November 9.30 – 15:00	Cooking for a Christmas Market	Rendell Primary School, Rendell Street, Loughborough, LE11 1LL
Wednesday 28th November 9.30 – 15:00	Cooking on the Curriculum	Water Leys Primary School, Guilford Drive, Wigston, LE18 1HG
Thursday 17th January 15:30 – 17:30	Ideas Factory; Hinckley and Bosworth The Factory	The Factory, Graphic House, Druid Street, Hinckley, LE10 1QH
Thursday 17 th January 15:30-17:30	Ideas Factory; South Charnwood Roots Farm	Roots at Thorpe Farm, Thorpe Farm, Barkby Thorpe, Leicester, LE7 3QE
Wednesday 6th February 9:30 – 15:00	Plot to Pot - Teaching Food Growing skills in Primary Schools	Roots at Thorpe Farm, Thorpe Farm, Barkby Thorpe, Leicester, LE7 3QE
Thursday 7 th February 15:30 – 17:30	Ideas Factory; Melton Mowbray Belvoir Ridge Creamery	Belvoir Ridge Creamery, Cross Roads Farm, Scalford Road, Melton Mowbray, LE14 4EF
Wednesday 13 th February 9:30 – 15:00	Cooking for a School Food Event	Hinckley Parks Primary School, Leicester Road, Hinckley, LE10 1LP
Thursday 28 th February 15:30-17:30	Ideas Factory; Oadby & Wigston Botanic Garden	University of Leicester Botanic Garden parking is on Glebe Road, Oadby, LE2 2LD
Wednesday 6 th March 9:30 – 15:00	Orchards as local food production sites – Farm Links	Cotesbach Educational Trust, Main Street, Lutterworth, LE17 4HX.

How to register for Food for Life events

Welcome back! Sign in here



Email:

Password:

[Recover forgotten password](#)

Step 1: Sign in to your School Portal

Go to
www.foodforlife.org.uk/portal
enter your username and
password and click 'Sign in'.

Welcome to your Food for Life Awards Portal

Welcome to your personalised school award portal! Log in regularly to find resources, check what's happening in your local area and blog about your activities. Most importantly, this is where you apply for your award in easy to manage stages, with our awards team providing approval or helpful feedback every step of the way.

2/23

2/17

0/12

Mark the criteria you're working towards or have completed.

IN THIS SECTION

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- [Award Progress](#)
- [Events](#)
- [FFL Resources](#)
- [Kitchen Garden Project Resources](#)
- [Offers](#)
- [My Blog](#)
- [Update Profile](#)

Step 2: Go to 'Events'

Click on 'Events' on the right-hand side of the screen.



Book Into An Event

Show events in my region:

Please select...
East London
East Midlands
Eastern
North East
North West
South East
South West
WALES: Mid Wales
WALES: North East
WALES: North West
WALES: South East
WALES: South West
West London
West Midlands
Yorks & The Humber

Event Venue	Date
Calderdale: Let's Get Growing - linking growing to the curriculum	12/10/17 15:45:00

Step 3: Select your region

In the drop-down menu select your Schools region, then click 'GO'.

Book Into An Event

Show events in my region:

Event Venue	Date	Region
Leicestershire Ideas Factory Charnwood North Fearon Hall	25/11/2017 15:30:00	East Midlands Fearon Hall

Step 4: Look at the details

Once you have found an event in your area, you are interested in click on the 'Details'.



Step 5: Enter your details

All looking good! Have you checked your diary? Then enter your details into the boxes, to finalise your event booking click 'Submit'.

Name:

Email:

Contact number:

Do you have any dietary requirements?:

Checked your diary?

Step 6: Success!

You have booked onto your event with Food for Life. We will send you a confirmation 'Event registration' email.

Are we sweet enough?

We hear such a lot in the news about sugar and its links with tooth decay, obesity and more serious diseases such as Type 2 Diabetes, heart disease and cancer. We all need to consume carbohydrates to give us energy and sugar is part of the carbohydrate family, so how much should we be eating?

Government guidelines say that only 5% of our energy intake (calories) should be from sugar and all age groups – adults and children – are consuming much more than this, in some cases the intake is almost 3 times that amount! For children the recommend amount is 24g sugar per day and 30g for adults. A small glass of fruit juice can contain around 10g of sugar and a bowl of Rice Krispies around 4g (many other children's breakfast cereals contain much more than this) so many children will be consuming over half of their Recommended Dietary Allowance (RDA) before they even leave the house in the morning!

So how do we help our children – and ourselves! – consume less sugar, when many foods are full of it? Here are some ideas to help...

RUN ASSEMBLIES using the Sugar Smart resources show the children lower sugar alternatives to their favourite snacks & drinks – Go to www.sugarsmartuk.org to get involved.

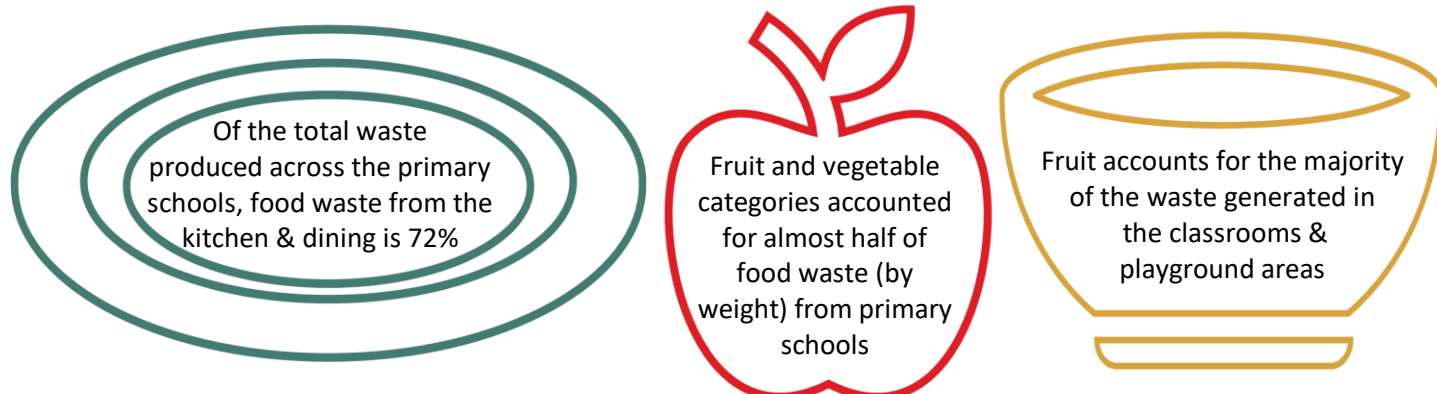
SHARE Change 4 Life healthy eating resources – go to www.campaignresources.phe.gov.uk/schools to find all the Change4Life resources including PowerPoints on snacking, assemblies, activities using a food label scanner and poster and leaflets on sugar swaps.

In **SCIENCE** Compare different snacks such as cereal bars, dried fruit, rice cakes, predict, compare and evaluate the sugar content in each snack.



Pupils: “Feed Bellies not bins”

Food is there to be enjoyed and to provide fuel and nutrition for our bodies so we can get the most from our day. Food waste is prevalent across our communities. For schools, research by WRAP show that for each of your pupils, each day they will waste 72g of food on average in primary schools. It all adds up! Cooks and catering teams provide nutritionally balanced meals each day that children are not gaining the benefits from and they are learning that waste is normal. Here are some stats from WRAP's report on food waste in schools, how do you think your school compares?



Ways of reducing food waste in your school:

- **Raise awareness** of food waste as an environmental and ethical issue Love Food Hate Waste have lots of info on the scale of food waste (great numeracy practice!) and ways it can be reduced. For more information on bringing Love Food Hate Waste to your school email wasteprevention@leics.gov.uk, call 0116 305 7005 or visit www.lesswaste.org.uk
- Put in an **order system** for school dinners, so that caterers don't over cater to ensure the pupils get their choice. Speak with Leicestershire Traded services about their pre-ordering system.
- Not having a time pressured environment for pupils to eat their meal. **G2.0** says that pupils should have 30 minutes to sit down and enjoy their dinner. Some pupils may rush their dinner to get to clubs or outside, so how about taking **Westfield Infants' approach** where pupils sit together in small groups, and crucially are only allowed to leave once everyone has finished. Speak to your Food for Life support for more advice on this approach.
- Improving **familiarity and appreciation of school meals** – children find it fascinating seeing behind the scenes in the kitchen, why not do a tour for pupils so they can see for themselves. Even better invite parents in too!

Recycling waste, goes hand in hand with minimising wasted food, this is where composting comes in. See **page 20** for more information on how you can engage pupils about composting and link it to the curriculum.



Leicestershire Traded Services are committed to working in partnership with schools to support their 'Food for Life Served Here' Award. We proudly have been accredited with the Silver Catering Mark for the last three years. Last year, we worked closely with Westfield Infant School to achieve a Gold standard menu to complete their Gold Food for Life School award, the first in the county.

Through the positive approaches of Westfield Infant school, including support for fussy eaters at a Luncheon club, their uptake is a fantastic 100% for their KS1 pupils. If you are achieving a school meal uptake overall of 85% or above, please get in touch with the team.

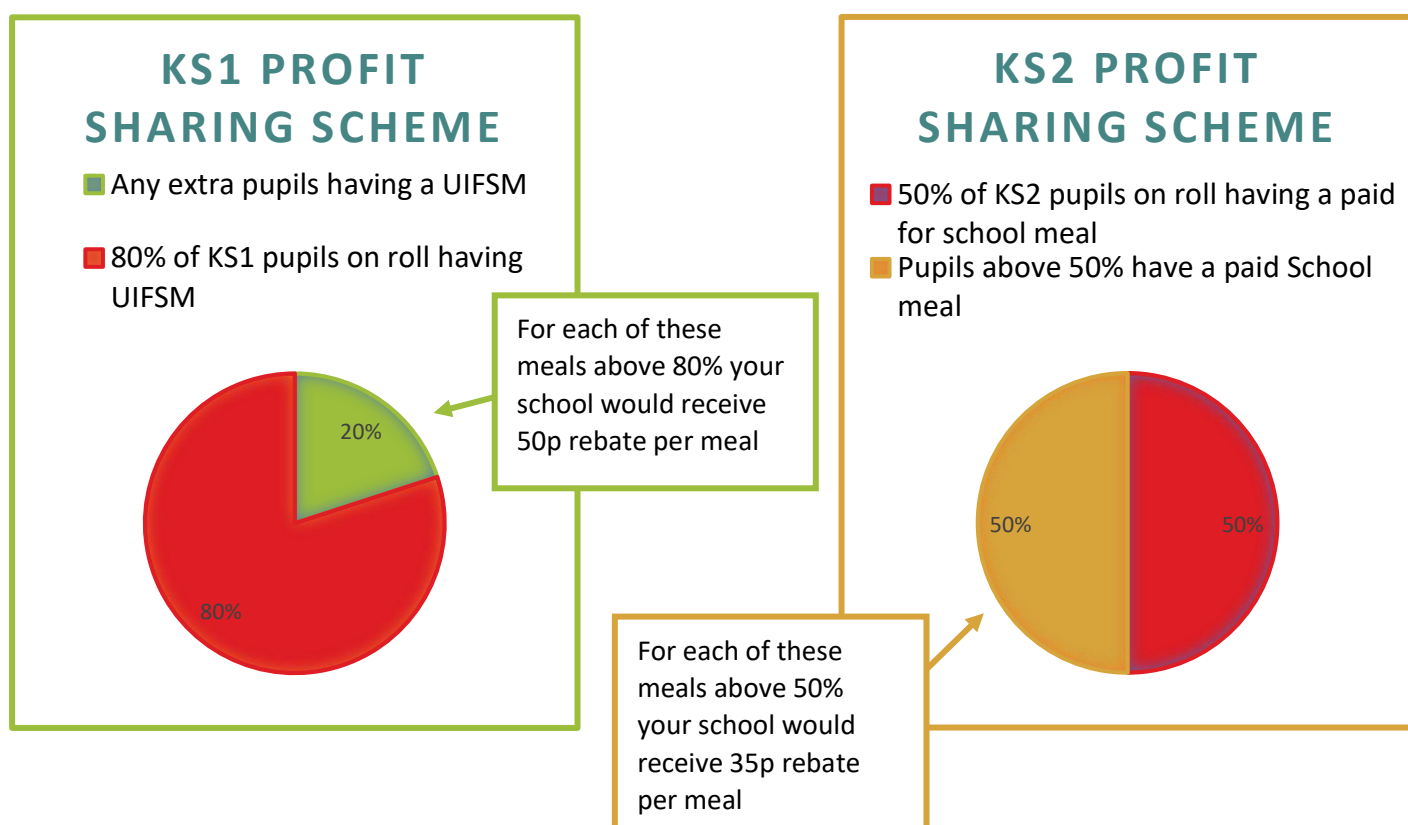
The Food for Life programme champions school dinners for pupils' health and ability to learn, this is reflected in the programme from Bronze to Gold, from monitoring School meal uptake to having uptake of UIFSM at 90% and overall of 60%.

Other dining experiences which begin to develop when schools move to Silver, is the introduction of plates and bowls for all pupils to enjoy a pleasant social dining experience. For some schools finding the initial budget for making this transformation can be a barrier.

Leicestershire Traded Services have introduced a new initiative, of a fixed cost discount and profit share scheme based on the sustained increase in meal numbers. This scheme helps schools fund their plates and bowls, or other Food for Life activities your school is eager to get started. See the diagrams below to see how this profit share scheme works. A 20% discount will also be given on fixed costs charges currently applied.

The offer is provided in return for commitment to stay with our service for a three-year period.

Should you be interested in discussing this offer with us please call **Jackie Manship 0116 3057313** or email Jackie.Manship@leics.gov.uk.



Farms - food, fun and finding out

Have you ever asked a child where their food comes from? Their response is often "The supermarket!". Getting children outdoors and letting them experience a working farm will connect them with **where their food comes from**, and will provide them with an enjoyable experience and lasting memories.

Our aim is for all pupils to visit a farm during their time at school. By visiting a working Farm and linking it to the wider learning, you are providing the pupils of your schools with **knowledge and experience** to be connected to food and where it comes from, possibly for life. This encourages them to **become responsible food consumers**.

Manor Organic Farm, Long Whatton

Have a mix of Livestock and Arable. They take a great deal of pride in passing on our excitement towards sustainable farming, and the food chain, to the next generation.

W: www.manororganicfarm.co.uk/

Primary Contact: Ben Matravars

E: ben@manororganicfarm.co.uk T: 01509 646 413

Fruit Routes, Loughborough – This is a public orchard that is available to visit. You can contact the Environment team for a Map. See page 16 for more information about this orchard.

W: www.lboro.ac.uk/services/sustainability/biodiversity/fruit-route/

T: 01509 222110 E: environment@lboro.ac.uk

Stonehurst Farm, Mountsorrel

Offers tailored visits with a wide variety of Curriculum topics. An educational guided tour including close contact with the animals and their environment, growing plants and crops, nature trail, pond dipping and tractor & trailer ride. Fun activities, including play areas and petting animals to follow.

W: www.stonehurstfarm.co.uk

E: oink@stonehurstfarm.co.uk T: 01509 413216

Cattows Farm, Heather

This family farm offer activities including: Farm tour, tractor and trailer ride, life cycles of animals, knowledge of plant growth including seed planting in the polytunnel (to take home), pick your own summer fruit as well as renewable energy.

W: www.cattowsfarm.co.uk/

Primary Contact: Caroline Ludlam

E: caroline@cattowsfarm.co.uk T: 01530 264 200

Southfields, Warwickshire

Has a range of farming enterprises, including livestock. There is a good variety of habitats which form a network of links between habitats and wildlife.

Primary Contact: Mr John Plumb

E: southfieldsfarm@theplumbs.org.uk

T: 01675 465123

Whetstone Pastures Farm, Whetstone

Pick your own fruit enterprise with Strawberries, raspberries, blackcurrants, gooseberries and blackberries. We also have a 1-acre community vegetable scheme. There as a small number of ponds, old hedgerows, a disused railway line, and woodlands.

W: www.whetstonepasturesfarm.com/

Primary Contact: Sandra Herbert

E: sandraherbert@hotmail.co.uk T: 0116 277 4627

By visiting one of our **Farm Links farms**, they will **learn first-hand** from a farmer about the realities and challenges of food production which can be an important informative experience, providing knowledge and building interest in the consumption of **healthy and fresh produce**.

In Leicestershire, we **connect schools with informed and engaging farmers** who are committed to providing excellent hands on educational experience. Please contact one of the farms below to arrange your school visit, or if you are thinking of or are already visiting a different working farm than below please let the Farms Link team know by contacting Faye Walters, Farm Links Officer by emailing FWalters@soilassociation.org.

Roots at Thorpe Farm, Barkby Thorpe

Activities include: farm tour on tractor and trailer; feeding the animals; egg collecting; exploring the farm shop; understanding where food comes from; what's in your packed lunch activity; milking the wooden cow; seed planting to take back to school.

W: www.rootsthorpefarm.co.uk/

Primary Contact: Felicity & George Mount

E: info@rootsthorpefarm.co.uk T: 0116 269 2526

Belvoir Ridge Creamery, Melton Mowbray

This farm keeps Red Poll, Blue Albion, Kerry & their Original Population of Dairy Shorthorn cattle. They make wonderful cheeses with their rare breed milk onsite.

W: www.belvoirridgecreamery.wordpress.com/

Primary Contact: Alan & Jane Hewson

E: jane.hewson@btconnect.com

T: 01949 860242

Bretingby Meadows, Melton Mowbray

A traditional mixed farm, which provides a wide range of habitats for wildlife and has preserved the features so characteristic of the Leicestershire landscape – ridge and furrow grassland and a rich hedgerow network. Visits have included hands – on activities linked habitats, rivers, local landscapes, life cycles, art and much more!

W: www.bretingbymeadows.co.uk/

Primary Contact: Julia Hawley (STEM ambassador)

E: ianandjulia@bretingbymeadows.co.uk

T: 01664 562763

Manor Farm, Rutland

They can tailor a visit to your specific curriculum requirements. We specialise in field study visits in the following areas: conservation & wildlife habitats, crops and food, weather, soils & water, renewable energy and history & archaeology.

W: www.learningfarm.co.uk/location.html

Primary contact: Saya Sheridan T: 01664 454401

Fairchild's Lodge, Market Harborough

Their farm walks encompass animal husbandry, geography and history of the ridge and farrow fields, primary food production, climate and much more on their dairy farm.

W: <http://visitourfarm.co.uk/>

Primary Contact: Andrew Brown

E: twbfarms@aol.com T: 0780 105 7417

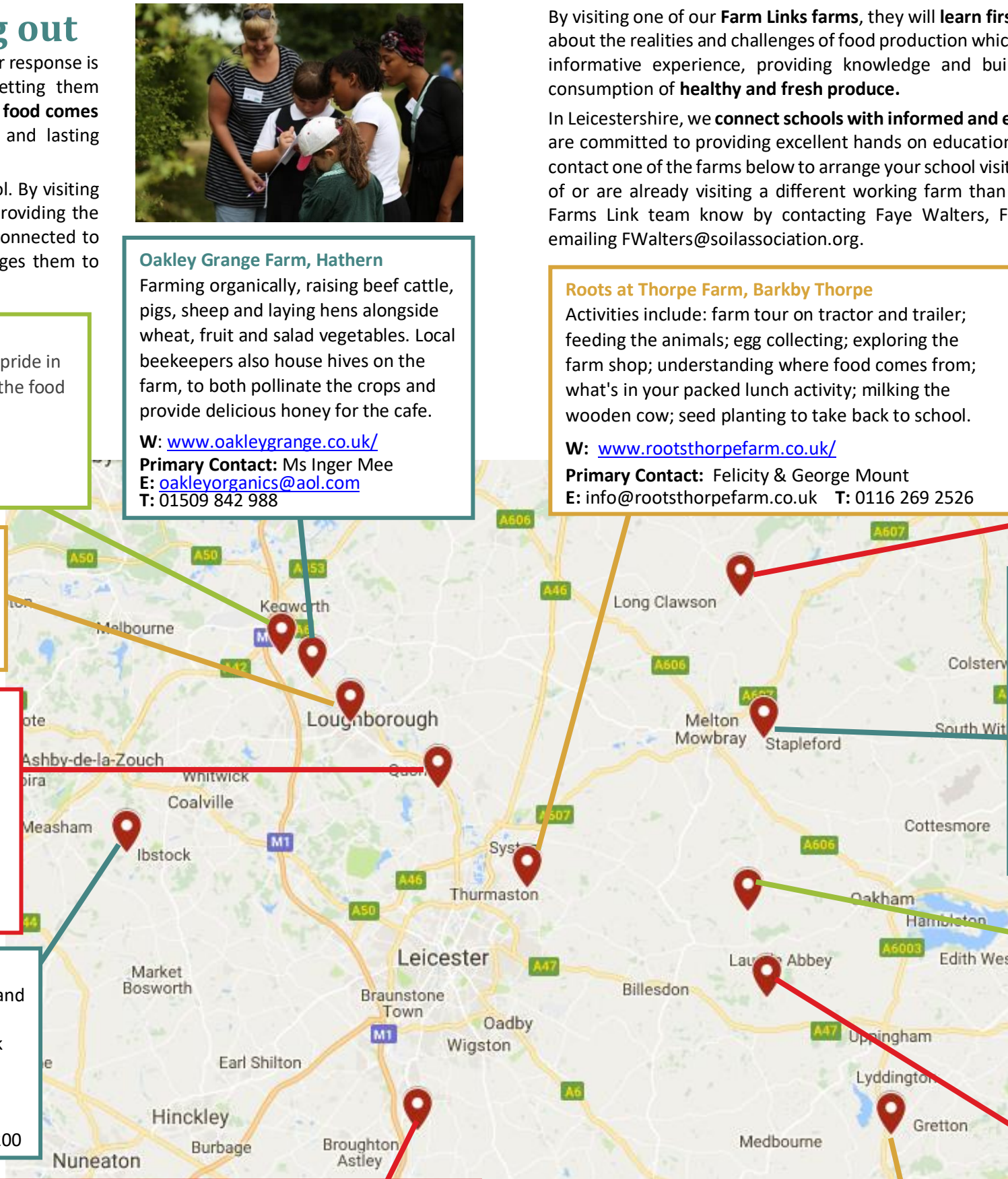
Allerton Project, Loddington

Activities range from scavenger hunts to plant identification. They look to connect increasingly urbanised children to the food chain, to see where their food comes from. they can work in maths problems and history too.

W: www.gwct.org.uk/allerton/visit/school-visits/

Primary Contact: Jim Egan & Amelia Woolford

E: allerton@gwct.org.uk T: 01572 717220



Open Farm Fortnight 4th – 17th June – Bursaries for school farm visits

In Leicestershire we are fortunate to have lovely countryside not too far away and, to have many links with local farms and producers which we can make the most of. Yet, many children in the county won't have ever have visited a farm, met a farm animal up close or glimpsed a field full of vegetables just ready for harvest.

A lot of children don't make the connection between vegetables on their plate at and where they will have grown...so why not take the opportunity to open their eyes and let them experience a real working farm? A visit to a local farm could reconnect them with where food comes from, and provide them with an enjoyable experience and long-lasting memories. At Food for Life we aim for all pupils to visit a farm at least once during their time at school (B3.3).

Open Farm Fortnight, 4th-17th June, is a great time during which to arrange a visit and to make it even easier to arrange this we are offering a **bursary of £125 towards travel to and from a farm**, to 16 local schools. To qualify, you must have met 8 of the awards criteria outside of the Food Quality section of the framework. To secure your bursary, and for more information, please contact your Local Programme Officer (details on front cover).



Face time a Farmer

For the Silver Award we ask that you embed your learning about farm life further into school by keeping in touch with a local farm throughout the year (S3.4). Farming and environment charities Linking Environment and Farming (LEAF) and Farming and Countryside Education (FACE) are making this easier by facilitating a video call between your classrooms and a farmer.



Your children could be asking the farmer questions or listening to them speak about a chosen topic of soil, animal welfare, the seasons or the farm as a business, whichever best suits your curriculum links! These farmers have a passion for talking about what they do and engaging with young people ... perhaps even inspiring a future generation in to the agricultural industry. If you are interested, and have the capability to Skype or FaceTime a farmer **contact janet@face-online.org.uk**.

Orchards in your schools

Many schools across the county have an abundance of fruit trees in their grounds and are able to pick fruit to eat, use in crumbles and cakes and to offer to parent and the local community. Orchards are classed as food producers so any links you can make with one would contribute to S3.5. **Look out for our brand-new orchard training course in March 2019! – see details on page 9.** A lovely example of this is the developing orchard on Loughborough University's campus – Fruit Routes.

The vision of Fruit Routes is to plant fruit, nut trees and edible plants along footpaths and cycle paths across the university campus creating a spring snowfall of blossom and an autumnal abundance of fresh fruits and berries for harvesting, foraging, eating and distributing.



COOK UP A STORM - 10% off at Russums

Food for Life are delighted to have a continuing partnership with Russums, a family business that have been supplying **high quality cooking equipment** for six generations!

The experts at Russums and Food for Life's Head of Cooking Skills Jane Sixsmith have put together a selection of cooking equipment, tested and chosen for its suitability for teaching children how to cook - **safety, durability and value for money being the key criteria.**



To help you think logically about what you need, the equipment has been grouped into 4 categories - store, prepare, cook, serve & eat. Russums carries a huge range of equipment so please contact them if you require anything additional.

A **10% discount on the prices is offered to Food for Life schools** and Russums will also donate an additional 5% to the Food for Life fund that will be used to support schools in other ways. **To find out more, go to www.russums-shop.co.uk and at the bottom of the page, next to partners you will find Food for Life.**

The Co-operative – healthy and ethical food choices

Community retailer, Central England Co-operative provide workshops to educate students on a range of issues including healthy eating and ethical shopping. These workshops are provided **Free of charge** and can be used as evidence towards your Food for Life award.

What do they offer?

- Healthy Choices Shopping Challenge is a one-hour activity inviting children into a local Central England Co-operative store. Students work in teams to shop on a set budget for a meal for four adults and scan items at the till.
- The Ethical Challenge encourages children to think about the ethical considerations behind their everyday food choices – from Fairtrade certification to free range eggs. The students are given a question sheet relating to ethical products which they then need to find within their local Central England Co-op store (where suitable).
- The Healthy Choices workshop is a one-hour interactive session which guides children through how to get their 5-A-Day, how to understand food labelling, as well being taught about the importance of getting meal portion sizes right reducing food waste.
- Fairtrade and Co-operative History presentation. This is a 30-minute presentation on Fairtrade, the Co-operative Movement and how they are linked (**B3.0**).



The co-operative
Central England Co-operative

For more information please contact:

member.community@centralengland.coop

How can the Co-operative support your Food for Life Award?

B2.0 – Our SNAG has led a review of food culture in our school, and actions have been agreed

The SNAG can organise/plan the trip and they can learn about healthy eating and be inspired to lead their school food review. Working with fellow pupils, they can reflect on learning from the visit, to identify change to improve your school's food culture.



S2.4/S4.2 – We work with parents to discourage unhealthy snacks or lunch box contents/ Our pupils share Food for Life learning with local schools, the wider community and other partners.

Reflecting on learning about healthy food choices, children are encouraged to think about what a good packed lunch looks like as well as understanding what constitutes a balanced diet using the Eatwell guide and encouraging and sharing awareness through newsletters and blogs.

S3.3 – Our pupils explore the ethical and environmental issues around food choices and this is linked to changes in our school meals.

The free training will provide greater understanding and awareness around ethical considerations around food. Explore what this means for the food in school. Maybe have a Fairtrade breakfast brunch for Fairtrade fortnight. Consider inviting parents in to share what they have learnt (**S4.2**) and to have breakfast (**S2.5**).

S4.2 – Our pupils share Food for Life learning with local schools, the wider community and other partners.

Encourage your pupils to share what they have learnt with your local community, this could be through blogs, displays and presentations. This is a chance to consolidate their learning, and to practice their literacy and communication skills too!



Bring learning to life, and watch it grow

School gardens are fantastic outdoor classrooms, and **through hands-on experience pupils can thrive** with seeds, shovels and activity sheets. Bringing learning to life through growing can build confidence too.

The National Foundation for Educational Research assessed the impact of gardening in schools, reflecting a mix of schools from large urban primary schools to small village schools. The benefits of gardening as a teaching tool are many and varied, 3 main core areas in which children's lives are radically improved were identified – becoming **Ready to learn, Resilient and Responsible**.

Active learning can offer a less pressurised route to develop and grow. Equally important, it can support children's **social and emotional development**.



The RHS campaign for School Gardening report found that gardening in schools encourages children to:

- Become stronger, more active learners capable of thinking independently and adapting their skills and knowledge to new challenges at school and in future.
- Gain a more resilient, confident and responsible approach to life so they can achieve their goals and play a positive role in society.
- Learn vital job skills such as presentation skills, communication and team work, and fuel their entrepreneurial spirit.
- Embrace a healthier, more active lifestyle as an important tool for success at school and beyond.
- Develop the ability to work and communicate with people of all ages and backgrounds.
- Work as a community towards a common goal cultivated a sense of achievement in themselves and sense of pride in the school as a whole.

Responsibility enabled through gardening was found to be a powerful tool to achieve results – a valuable lesson for later life. Find out more at:

www.growingschools.org.uk/Resources/Downloads/RHS-Gardening-in-Schools.pdf.



Plant, grow, cook & eat – Food for Life resources



There is a world of fantastic resources on your Food for Life portal that can support both novice and experienced gardeners to deliver fantastic meaningful outdoor learning classes. Invaluable resources are designed to save you time in planning your curriculum linked outdoor learning and cooking activities. Jamie Oliver's Kitchen Garden Project resources have ready to go lesson plans to start you off.



Also remember to share your schools' Food for Life portal details with your colleagues, so they can make the most of these resources.



Tips for making gardening work!

Gardening can transform pupils' love of learning, behaviour and wellbeing, all of which can **improve attainment**.

So why not use your schools' funding for children receiving **Pupil Premium** to give them an **opportunity** to grow either in class or as part of a growing club.

Literature
curriculum
links

Growing needs space to think **creatively** about how your school can make growing **relevant**, and the connections to other areas of the curriculum.

How about using part of a **staff briefing session**, to come up with and share those links? Have the topics you are teaching next term **ready to make those links**.

Reach out to your local schools, early years or care homes to **share gardening resources**.

From the **small**, such as **plant swaps** and how to make plant cultivation simpler, to **bigger resources**, for example if you are thinking of getting a gardener but only for a few hours this may be feasible - with other local organisations or schools in your MAT this might **transform your gardening plans**.

Numeracy
curriculum
links

Bee kind

What comes to mind when you think of bees? Flowers? Summer? Or maybe it is simply 'Run!'. Bees are one of the world's most marvellous creatures, and critical to a healthy ecosystem.

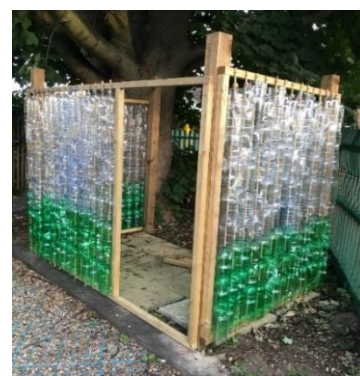
In recent decades, life has changed for the humble bee. A combination of factors from large scale changes to our countryside management practices, which saw a 97% reduction in wild flower meadows, to the more frequent mowing of grass, and more recently to the research which shows that the neonicotinoid pesticides are harming bees by affecting their ability to forage, navigate and reproduce, have all resulted in a decline in the bee population.

This is why Friends of the Earth are calling on schools to help – by encouraging children to learn about ecosystems, the lifecycle of bees and flowering plants, classifications of locally occurring bees and bee friendly plants, and how we need to care for our environment. The Friends of the Earth have created a great free resource booklet of activities for KS1&2, go here to find the 'The Bee Cause: Pack for educators' – www.friendsoftheearth.uk/bees/bees-fun-facts-and-activities-children. You will also find 10 tips to save our bees, including bee friendly herbs, creating a bee corridor and not using weed killer or herbicides.



Helping bees can help you meet your Food for Life aware criteria. Some ideas include doing an assembly on sustainable food (**B3.0**), by talking about pesticide's effect on the ecosystem, and alternative options of pest control. As part of your bee project, how about inviting in a local honey producer (**S3.5**). They can share their experience of caring for bees, and bring in some honey to share.

Inspiration! Chestnut Nurse, in Cambridge taught their children about recycling and made a greenhouse at the same time. If your pupils have been inspired by Blue Planet 2 and want to put it to action, making a greenhouse from recycled plastic bottles is a fantastic project to put their energy in to. Your School could reuse an amazing 1200 bottles! Reduce, Reuse, Recycle!



Composting in Schools

Why compost in school? Composting is an inexpensive, natural process that transforms your kitchen and garden waste into an invaluable and nutrient rich food for your garden. Compost will help:

- Improve soil structure and condition
- Maintain moisture levels
- Keep your soil's pH balance in check
- Suppress plant disease

Learning opportunities:

- Science – simple vertebrate study of soil composition and different composted material
- Citizenship – the environmental arguments for composting waste and living a more sustainable life
- Maths – volume, weight, ratios can be looked at as ratios are an important aspect of composting
- Geography – how soil varies locally and globally and how that affects growing vegetation

Getting kids composting – Making a RotBot



Rotbots are a great way to get children into the garden to learn about the different stages of how plants grow - from composting through to picking a flower or eating some veg.

They allow children to watch the composting process over several weeks and then observe and care for the plant they have created. If you are feeling adventurous you can even add worms to the composting mix!

Getting started on your Rotbot is easy. It only takes a few minutes, a couple of ingredients and is great fun for kids.

What will I need?

- 2 x two litre plastic 'pop' bottles
- Scissors
- wooden stirring stick
- mesh/muslin
- rubber band
- label
- pen
- tablespoon
- a sauce

What do I put in my Rotbot?

Straw or twigs, a little fresh compost (if available), autumn/brown leaves or grass, vegetable scraps, apple, pear or banana scraps, soil, water, marigold or bean seeds, 10 composting worms (optional).

Idea! These RotBot are great for selling at your food themed event (**B4.0**). Plant, grow and sell seedlings and herbs. This is a fantastic opportunity for pupils to use their entrepreneurial skills, by thinking about how to price, package and market their product!

How do I make my Rotbot?

1. Drill one or more drainage holes in the bottom of the bottle(s).
2. Cut the top off the bottle(s).
3. Prepare the ingredients by tearing or cutting the organic materials (straw, twigs, leaves, grass, soil, vegetable and fruit scraps) into small pieces. The material can be moistened by adding a little water at this stage or to avoid mess, water can be added as stage 6 - the mixture should be moist like a wrung-out sponge.
4. Build up the layers in the Rotbot by putting in straw and twigs first, then the fresh compost or soil, followed by the leaves and grass, then scraps.
5. Fill to within an inch of the top of the bottle and mix together with a wooden stick.
6. Add three to six tablespoons of water if the materials weren't moistened at stage 3.
7. Add the worms to one of the two bottles - this is optional.
8. Cover the Rotbot with garden fleece or muslin and secure with an elastic band.
9. Stand the Rotbot in the saucer and place in a warm spot but not in direct sunlight.
10. The materials will settle as they are composted, add fresh material as necessary or more water if it starts to dry out.
11. The compost in the Rotbot is ready when the ingredients look like dark, rich soil. At this stage add a layer of soil.

After 4–6 weeks your compost will be ready and you can add some seeds to your Rotbot.

1. Plant one or two seeds in the compost.
2. Place the Rotbot in a well-lit place and water regularly.
3. Thin the seeds if necessary.



For more information about how to compost in your school, as well as to find out what support the **Master Composters** offer schools including **Free** volunteer support, assemblies, workshops please contact the team on 0116 305 7005 or e-mail them at wasteprevention@leics.gov.uk.

Cooking for a school food event

School food events are a great opportunity to get your pupils growing and cooking for an end goal- the big day of showcasing and selling produce to all your guests. The skills and experiences which can be gained from the research, planning and running of these events support your pupils' life skills!

Mathematics with money handling, written and verbal communication when marketing their products and talking with customers, persuasive writing, building confidence with new experiences, designing of a logo, are just a few examples of skills which can be developed. Ideally your pupils should take as much ownership as they can of the event, this way they get the most out of it (plus it saves you a bit of time!).

Not sure where to start with local producers and/or farms to invite to your food event? Ask your pupils, parents and the wider community if they know of any first. Not only might this bring out some hidden gems, but you are more likely to get a long-lasting link with the business through an existing connection.

How about having some student news reporters for your event? They can record what happened, get quotes from your guests, and take some pictures and videos too. You'll have a great story to blog about, put on your social media and in your school newsletter (maybe a local one too).

Merchenfeld Winter Food Fayre

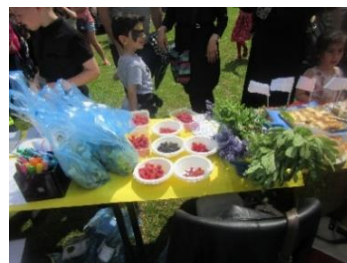
Merchenfeld Primary, a Food for Life Bronze school, held one of their amazing bi-annual Food Fayres in February. There was an array of delicious products to taste and buy. Each class had made a different dish to offer to parents and the wider community and in return they asked for a small donation to go towards seeds and equipment for the school garden. Delicious delights included homemade hummus with sliced pitta and crudités, freshly pressed apple juice, make your own bags of fresh salad and hand tied and labelled bouquet garni with herbs, all grown in the school garden.



A hearty venison casserole and a range of venison products to take away were on offer from the Bradgate park rangers. The Master Composters had a stall with practical advice on all things compost, alongside a pupil ran Fair Trade education stall. It was a great and well attended event showing how a school really embeds food activities through their growing, cooking and education, highlighted further by the knowledge and enthusiasm of the children, staff and parents involved.

School Farmers' Market Webinar

Nothing beats coming to Food for Life training with our highly skilled trainers. You can ask questions and meet other members of staff from Food for Life schools to share what you do. If you need a



more flexible training option, have a look at our online webinars which are ready when you are.

This School Farmers Market webinar aims:

- To identify the key steps in setting up and maintaining a regular school farmers' market.
- To provide top tips and ideas to inspire you to set up a school farmers' market in your school

Follow this link to find more information and the YouTube link to the webinar: www.foodforlife.org.uk/whats-happening/news/news-post/school-farmers-market-webinar.

We have a variety of **FREE** training for cooking for a school food event including; **Planning for a Farmers' Market – Bitesize, Cooking for a Christmas Market and Cooking for a School Food Event!** See page 8 for more information on what each training will include and the dates and times so you can book on to the training and pop the date in your diary! Also, on your Food for Life portal you will find the **School Farmers' Markets Curriculum Pack** which is designed to provide teachers at both KS1 and 2 with a wide range of engaging and informative **food and farming related activities**.

The Big Soup Share - Newcroft's winning blog

Congratulations to Newcroft Primary School for winning our blog competition, for the following blog 'the big soup share' about pupils enjoying growing, cooking and sharing food with their wider family.



"Our Reception children enjoyed participating in The Big Soup Share to celebrate the Royal Horticultural Society's 10th birthday. Their first job was to harvest the carrots and baby leeks which were grown in the school garden. They then practiced their food preparation skills by turning the produce into a tasty vegetable soup, ready to share with their family members on Tuesday afternoon."

Positive approaches to dining

Teaching and learning shouldn't stop at lunchtime. It is a chance for pupils to learn and practice skills, supporting positive behaviours which are taught in the classroom. For the younger members, it is a chance to practice their fine motor skills with their knife and fork, and it's an opportunity to experience new foods, in an encouraging setting, for all.



Has your school had a lunchtime observation? Schools have observations for teaching in class, but often are missing out on considering and improving their dining room experience. Schools we work with, from senior leadership to teaching staff find this a surprisingly valuable exercise.

Dining with your pupils can be another way of keeping in touch with them and a chance to find out their views on the dining experience. Seeing what is going on in the dining room can give you the chance to talk to your pupils and role model good practice.

Dining room image

- Coloured tablecloths (which the children could be involved in choosing), pictures and murals on the wall created by the pupils, staff and wider community look great! All these can help to brighten the space, and make it more inviting.
- Include messaging about healthy eating, seasonal food, the school garden and where the food has come from.
- Name your dining room, and get the pupils involved with designing a logo. Use the logo on menus and displays.

Positive interaction

- Enable children with packed lunches and school meals to sit together. It's a chance for children on packed lunches to see your lovely school dinners.
- 'Happy lunchtime' pupil helpers can be a positive introduction - to encourage children to eat their lunch and keep them company.

Reduce Noise

- Explore if playing music in the background in the hall changes the ambience, keep it low and encourage the children to think about whether they can hear the music over people talking. You could link it with music they are learning about in class.
- Mix up tables of ages, so that the older children can role model good dining room behaviour and etiquette on occasions.

Promoting healthier options

- Reward trying new foods, this could be even a lick! it's all about rewarding stepping out of their comfort zone.
- For those pupils reluctant to try new foods, more intense support may be needed, Westfield Infants School have food diaries for trying new foods for these pupils. This is sent home, so parents can repeat encouragement there.

Reducing the length of queuing time

- A phased or split lunchtime allowing Foundation stage to dine earlier or by themselves has worked well in many schools. This allows Midday Supervisors to offer more support for pupils to help them with social dining skills, trying new foods, and encouraging positive behaviours and table manners. Also, Foundation stage can often find the dining room loud and unnerving so this gives them a more peaceful atmosphere.
- Establishing a pre-order system can reduce queuing time. Various approaches have been successfully used including coloured bands.

Rewarding good behaviour

- Have a golden table, once a week where pupils get served their lunch at a decorated table.
- Use stickers to instantly reward pupils in front of others, for modelling good behaviour or trying new foods.
- Midday Supervisors have an important role, positively managing behaviour and encouraging them to try new foods. Food for Life offer free training to support your Midday Supervisors.

How about trying food theme days, to add a bit of excitement to lunchtimes? They can help with your uptake too!

Making the move to plates and bowls

There are few occasions in life where meals are served on flight trays – consider when you last had a meal on a flight tray? Food for Life asks schools to use plates and bowls as opposed to flight trays to improve the dining experience for children allowing them to develop their social skills and good eating habits.

Increasing numbers of schools are making the transition to plates and bowls at the pace which works for them, all at once or gradually across the key stages. The approach often depends on the number of pupils, size and logistics of the dining room and funding.



Westfield infant school has nearly 300 pupils at KS1, their innovative approaches have created a dining room environment that embraces the Food for Life approach. All pupils from the age of 4 use plates and bowls not flight trays. One approach they have introduced is the way pupils are served their meals, only after finishing their main meal and clearing away their plate can the pupils collect their pudding. This removes the need for a tray and children are not distracted by their pudding as they eat their main meal. Changes like this and others have transformed the eating habits of pupils and making healthy eating the norm for pupils at Westfield infants.

When getting started, look at the melamine plates many schools use - they are light weight, can be easier to clean than flight trays, and they don't break. Involving your Cooks and Midday Supervisors and SNAG about the possibilities and working with them to find a workable solution will enable change. Speak to your FFL lead for advice and support to help ease the transition to plates and bowls. Please get in touch or if you are catered by Leicestershire Traded Services and are thinking of switching from flight trays, look at page 13 for information on their profit share scheme which can help fund your plates and bowls. Whether you are catered externally or in house, your school food event (**B4.0**) is a fantastic opportunity to advertise that you want to make the change and to fund raise too.

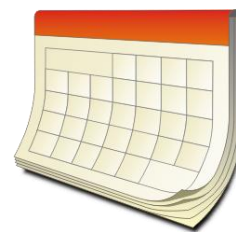
Evaluation of Universal Infant Free School Meal report published

In September 2014, the Universal Infant Free School Meals (UIFSM) policy was introduced. A report has been published that looks at the impact the policy has had on take up of school meals; how the policy has been implemented in schools; the costs to government and the cost-savings to parents; as well as views on the educational, social and health outcomes for children. Here are some of the findings:



- 41 per cent of school leaders reported that the **general profile of healthy eating across the school had improved** as a direct result of the introduction of UIFSM.
- Schools with a latest Ofsted inspection outcome of '**outstanding**' had the **highest take-up rates**, at 88.3 per cent - 6.0 percentage points greater than that of schools judged 'Requiring Improvement'
- Some teachers thought that **UIFSM had increased attainment/progress in class** (39 per cent); ability to complete desk based activities (36 per cent); and **ability to concentrate**, not getting distracted (36 per cent), with none reporting a deterioration.
- 30 per cent of school leaders felt that **pupils' overall health had improved** as a result of UIFSM being implemented, while 54 per cent of 57 teachers surveyed felt that the policy had had a **positive impact on the health of children eligible for FSM**.
- Parents who no longer had to make packed lunches reported a median weekly saving of £10. The cost saving experienced as a result of free school meals provision was highlighted by some parents as having been especially beneficial to their households, not only in **removing 'stigma' in claiming free meals**, but also assisting with household budgets.
- 56 per cent of parents surveyed felt their child was **more likely to try new foods** following the introduction of UIFSM. 38 per cent said that their child was **more likely to drink water with their meals** (with 19 per cent saying that their child was less likely to drink soft drinks with meals), and 33 per cent said that their **child was more likely to eat pieces of fruit or vegetables**. Most parents attributed such changes 'a great deal' or 'a little' to UIFSM.

Dates for your dairy



We all need help with new ideas sometimes; national campaigns can be that inspiration. You can use themed events as a spring board to get you, and your school, thinking of how you can use it to shape the Food for Life activities you can do with the pupils and possibly the wider social community.

It can be very surprising how much you and your pupils can get from a one-day event. Start small and grow your events from there, and if it goes well you never know it could become an annual event at your school (you may not even need it in your diary, the pupils will be sure to remind you!).

Date	Name and Description of campaign
14 th -20 th May	National Vegetarian week - it's all about everyone eating delicious and exciting veggie food.
15 th May	International Day of Families – Raises awareness of issues relating to families and highlights how families remain at the centre of social life ensuring the well-being of their members, educating and socialising children and youth and caring for young and old.
11 th -15 th June	BNF Healthy Eating Week - Organisations can focus on promoting and supporting eating healthily and being active. Registering for BNF Healthy Eating Week 2018 is quick, easy and free and will give you access to some exclusive, free resources to help you plan your week.
17 th June	Fathers' Day – Celebrating fathers and all that they do and the influence they have on society. Get fathers in to do a cook and eat session with their child's class.
26 th September	World School Milk Day - Promote the importance of drinking milk in schools.
12 th October	World Egg Day - It is a celebration of eggs as an excellent affordable source of good protein. Look at http://thinkegg.com/index.php/world-egg-day/ for plenty of fun and nutrition facts.
16 th October	World Food day – Zero Hunger —a global goal for the world to achieve together. We have 15 years to end hunger for every child, woman and man around the world. Reaching it will save countless lives and build brighter futures for us all.
7 th November	Diwali - The Hindu festival that celebrates the victory of the light over darkness and good over evil.
12 th -16 th November	National School Meals Week -2018 marks the 25th Anniversary of this event. It celebrates all that is great about school dinners. Look out for Roast Dinner Day on 14th November -see page 6 for more detail
5 th February	Chinese New Year – Also known as the 'Spring Festival', 2019 is the year of the pig.
February Dates to be confirmed	Fairtrade Fortnight - Aims to put a spotlight on trade, and what is Fairtrade. When trade is fair it has the potential to improve the lives of the farmers and workers who grow our food. When trade is fair, it can make the world a better place.
February dates to be confirmed	Childhood Mental Health Week - Place2Be launched the first ever Children's Mental Health Week in 2015 to support children and young people's mental health and emotional wellbeing. Each year they have had a different focus. Check back with them in Autumn for updates on dates and themes.
March Dates to be confirmed	Nutrition and Hydration Week - Nutrition and Hydration Week looks to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.
3 rd week in March	Grandparent Gardening Week - Helps schools and Early Years get support from the local community to kick start their gardens into action after the winter – see page 5 for more detail.
31 st March	Mothers' Day – Celebrating motherhood and the influence mothers have on society. A nice opportunity to say a big 'thank you' for all that they do. Maybe invite them in to dine with you.

The power of national events as a spring board!

Nutrition and Hydration Week – March 2019



Why not use this as an opportunity to make links with your local sheltered housing or care home and share ideas for healthy eating and drinking (**B4.2/S4.2**).

A wonderful opportunity for pupils to talk with the older generation about food and local history, which could be shared with the whole school through an assembly (**B3.0**).

As part of the visit, pupils could plant something with the residents (you could even invite the parents too) (**S4.0**). Broad beans are an easy to grow vegetable, to be sown outside in March.

National School Meals Week – 12th - 16th November 2018



A school dinner has many advantages for the pupil, school and family. This week is the perfect opportunity to celebrate your school cooks and dinners, as well as to increase school meal uptake.

Make your school cooks feel a part of the school by putting on a celebration assembly. The children could make a food gift and say a big thank you for all your cooks' hard work throughout the year.

Whether you are moving towards Food for Life Bronze, Silver or Gold, increasing school meal uptake is always on the list of things to think about. You could invite in parents and carers to come and dine with you (**S2.5**). The pupil and parents / carers often get a lot of benefit from the experience.

National Vegetarian Week – 14th – 20th May 2018

A perfect opportunity to structure and link your organic growing (**S3.1**) and cooking to demonstrate the versatility of vegetarian food. Organise your growing so that you have produce to cook with during the week e.g. early carrots, baby beetroot, pea shoots (**S3.2**).

You can also look at nutrients for different vegetables, and how they keep us healthy.

Here are some recipe links: <http://www.meatfreemondays.com/schools/> - why not embrace Meat Free Mondays all year round? This would support **S1.0** and **G1.0**.

If you would like to organise something on a larger scale and plan a food event that week, soups are a good option e.g. carrot and coriander soup would work well or grow a selection of salad leaves/herbs and make dressings (**B4.0**).

Look at how the amount of meat we eat has changed, and the possible effect that it has on the planet (**S3.3**).



Fairtrade Fortnight – February, dates coming soon



There are lots of ready to go resources at <https://schools.fairtrade.org.uk/> including lesson and assembly plans (**B3.0**). Activities can be linked to KS2 geography – locating world countries and studying climate, vegetation belts and land use.

Encourage your SNAG to check with the catering team what Fairtrade products are being used in the lunchtime menu and advertise these (**B1.9**).

Use the opportunity to explore with pupils ethical and environmental issues around Fairtrade and link this to any Fairtrade produce served in the school meals (**S3.3**).

Remember to make it Whole School and include staff too – why not challenge them to a Fairtrade tea and coffee every break!

International Day of Families – 15th May 2018

What better way to celebrate The International Day of Families than by coming together and sharing food (**S2.5**).

Arrange for each class to prepare some food and invite families in to share the meal and socialise.

You could go one step further and plan to grow some of the ingredients for the food (**S3.2**) and get the children to run a workshop for parents showing them how to sow and grow (**S4.2**).

Maybe start with something quick and easy such as a salad box that everyone can grow on a windowsill. There are 100 really useful growing cards for all herbs and vegetables on your Food for Life portal.

Mapping success in Leicestershire

We are very proud of all the Food for Life schools across Leicestershire. Since 2014, we have seen them grow and successfully embrace Food for Life.

The stories you share through your blogs and upload through award submissions are inspiring and motivating, across the county the Food for Life approach is transforming our connection with food and where it comes from. Thank you to each and every one of you who are championing good food!

Gold Food for Life school:

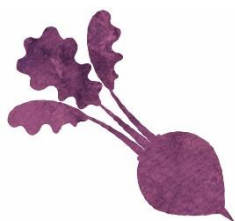
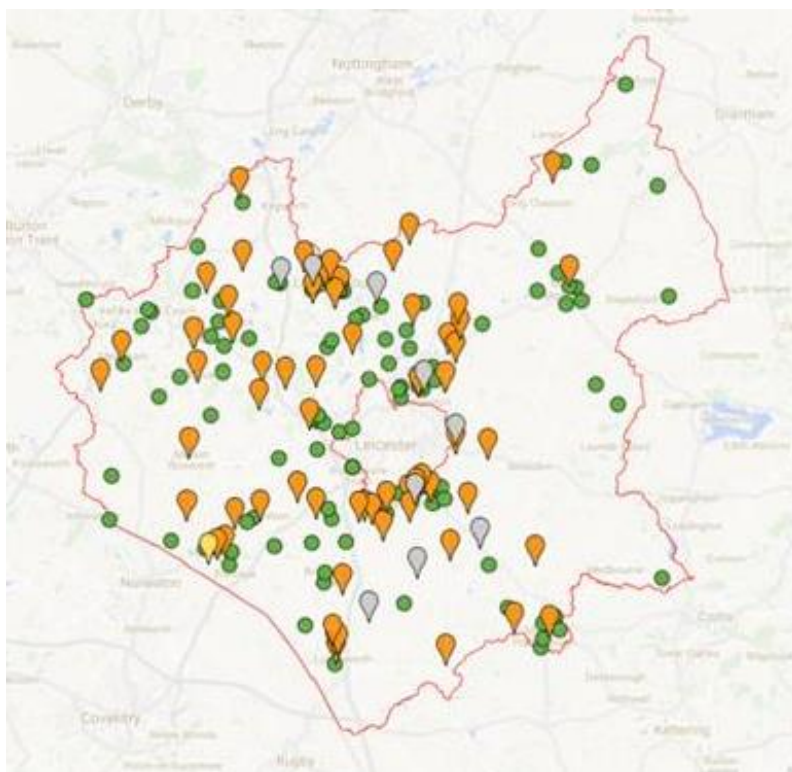
- Westfield Infant School

Silver Food for Life schools:

- Arnesby C of E Primary
- Eastfield Primary School
- Fernvale Primary School
- Gilmorton Chandler C of E Primary
- Kibworth CE Primary School
- Newcroft Primary School
- The Meadow Community Primary
- Thorpe Acre Infant School

Bronze Food for Life Schools:

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| <ul style="list-style-type: none">• All Saints Church of England Primary School• Barwell Church of England Academy• Battling Brook Community Primary School• Beacon Academy• Belton C of E Primary School• Bishop Ellis Catholic Primary School• Blaby Stokes C of E Primary School• Blaby Thistly Meadow Primary School• Brocks Hill Primary School• Broom Leys Primary School• Broomfield Community Primary School• Church Hill C of E Junior School• Church Hill Infant School• Church Langton CE (Aided) Primary School | <ul style="list-style-type: none">• Croft Church of England Primary School• Fleckney C of E Primary School• Glenmere Community Primary School• Great Glen St Cuthbert's Church of England Primary School• Greenfield Primary School• Griffydham Primary School• Highgate Primary School• Holywell Primary School• Hose CofE Primary• Houghton on the Hill• John Wycliffe Primary School• Langmoor Primary School• Little Bowden Primary School• Lubenham All Saints Church of England Primary School• Measham CE Primary School• Mercenfeld Primary School• Mountfields Lodge Primary• Newtown Linford Primary School• Orchard Community Primary School• Outwoods Edge Primary School• Parkland Primary School | <ul style="list-style-type: none">• Queniborough CE Primary School, Leicestershire• Ratby Primary School• Sherrier C of E Primary School• Sir John Moore Primary School• St John Fisher Catholic Voluntary Academy• St Luke's (Thurnby) Church of England Primary School• St Margarets Cof E Primary School• St Mary's Catholic Primary School (Loughborough)• St Peter's C of E Primary• St Peter's Catholic Primary School• St Peters CofE Primary Academy• St. Mary's C of E Primary School Bitteswell• St. Mary's Church of England Primary School• St. Michael and All Angels C.E Primary School• Stanton under Bardon Community Primary• Stathern Primary School• Stonebow Primary School• The Grove Primary School |
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- The Pochin School
 - Thornton Community Primary School
 - Thrussington CE Primary School
 - Thurlaston CE Primary School
 - Thythorn Field Primary School
 - Townlands C of E Primary Academy
 - Whitwick St John the Baptist CE Primary School
 - Woodstone Community Primary School
- Schools working towards Bronze:

Enrolled Food for Life schools:

- Albert Village Community Primary
- All Saints C of E Primary School
- Asfordby Hill Primary School
- Ashby Willesley Primary School
- Ashmount School
- Barlestone Church of England Primary School
- Barrow Hall Orchard Church of England Primary School
- Beauchamp College
- Billesdon Parochial Primary School
- Booth Wood Primary School
- Bosworth Academy
- Bringhurst Primary School
- Brookside Primary School
- Brookvale High School
- Brownlow School
- Christ Church and St Peter's Primary School
- Cobden Primary School & Community Centre
- Cosby Primary School



- Croxton Kerrial CE Primary School
- Dorothy Goodman School
- Dunton Bassett Primary School
- Elizabeth Woodville School
- Ellistown Primary School
- Fairfield Preparatory School
- Farndon Fields Primary School
- Foxton Primary School
- Great Dalby School
- Hallbrook Primary School
- Harby Church of England Primary School
- Hastings High School
- Hinckley Parks Primary School
- Huncote Community Primary School
- Husbands Bosworth CofE Primary School
- Iveshead School
- Kingsway Primary School
- Kirby Muxloe Primary School
- Lady Jane Grey Primary School
- Launde Primary School
- Limehurst Academy
- Little Hill Primary School
- Lutterworth High School
- Manorfield C of E Primary School
- Maplewell Hall School
- Market Harborough Ridgeway Primary Academy
- Martinshaw Primary School
- Meadowdale Primary School
- New Swannington Primary School
- Newbold C of E Primary School
- Newbridge High School
- Red Hill Field Primary School
- Redmoor Academy
- Rendell Primary School
- Richard Hill C of E Primary School
- Riverside Community Primary School
- Robert Bakewell Primary
- Saint Joseph's Catholic Primary School

- Saint Winefride's Catholic Primary School
- Seagrave Village Primary School
- Sheepy Magna Church of England Primary School
- Sherard Primary School
- Somerby Primary School
- South Wigston High School
- St Francis Catholic Primary School
- St Hardulph's CofE Primary School (Breedon on the Hill)
- St Peter & St Paul CE Academy
- St Peter's Church of England Primary School Wymondham
- Swallowdale Primary School
- The Hall Primary School
- The Heathfield Academy
- The Latimer Primary School
- The Merton Primary School
- The Pastures Primary School (Narborough)
- The Robert Smyth Academy
- The Roundhill Academy
- Ullesthorpe CE Primary School
- Warren Hills Community Primary School
- Water Leys Primary School
- Welland Park Academy
- Wigston Birkett House Community Special School
- Witherley C of E Primary School
- Woodland Grange Primary School

Well done to Oadby, Wigston and Leicestershire Schools Academy Trust, for being the first multiple academy trust (MAT) to have all your schools either awarded or working towards a Food for Life Award!

If your MAT is interested in doing the same, please get in touch with the team.

Don't see your schools name here? If you would like to join our list of over 150 Food for Life schools and to start developing a positive food culture with Food for Life, to reconnect your pupils with where their food comes from, please get in touch with your schools' Food for Life support to find out more.

Find the details of the Food for Life support in your area on the front page. Your Food for Life lead can offer personal support to your school, and will show you how to enrol and get access to your portal and all the fabulous Food for Life resources. We look forward to hearing from you!

Helping hand with OFSTED

The health and well-being of children forms part of the OFSTED Common Inspection Framework (revised in 2015). Inspectors now look at how children keep themselves healthy, and the ways in which schools support children to understand the importance of healthy eating, along with physical activity and exercise.



Inspectors look at a schools' culture and ethos around food and health, including the dining room experience, quality of food, food provision at break time, and the impact these have on children's behaviour and attainment. A key change in the new framework is to ensure practical cookery is offered as part of a broad curriculum. Working towards a Food for Life award supports many of the areas which OFSTED would be looking at around children's health and well-being, from curriculum cooking to food education, both of which are a valuable part of children's development and which can support their good health and well-being.

The Whole School Approach encouraged by Food for Life across the four delivery areas of the award further enhances a school's aims and aspirations towards good food and health.

Highlight from a Leicestershire school's OFSTED- *'They have enjoyed learning about healthy eating through a workshop and because they understand its importance, school councillors are currently monitoring the contents of pupils' lunchboxes to see how healthy their lunches are. Pupils enjoy playtime because, they say, it 'gives us time to run around and get fit'.*

(Woodstone Community Primary School, Food for Life Bronze School, 2016)

Schools who are working towards or have gained their Food for Life Schools Award will already have started to collect evidence of a positive food culture in action. Have a look at our awards criteria for guidance in these areas.

Good health and attainment

In their 2014 report, Public Health England made the link between pupil's health and wellbeing and their attainment in school. Research for the report found that pupils with better health and wellbeing are likely to achieve better academically and that a positive association exists between academic attainment and physical activity levels of pupils. They associated social and emotional competencies with greater health and wellbeing, and better achievement.

Food for Life Gold school garden championed for improving pupil's health

Food for Life Gold School, Charlton Manor School, in London, was highlighted in **Local Government Associations report on 'Working with schools to improve the health of school-aged children'** for its use of a gardening project to inject healthy messages into every element of school life from maths to science. By taking a **Whole School Approach**, the **garden** is used to fulfil a multitude of roles providing an outdoor learning resource, a place for quiet contemplation, a play area, an area to produce food and a haven for wildlife.



'The benefits are felt across the curriculum', School head teacher Tim Baker says: *"We use it in everything we do – for inspiring writing, in maths, science and geography. It is really a great resource for pupils. The weighing and measuring of the produce, working out ratios and proportions all helps with maths, while learning about pollination, seed dispersal and how plants grow and get their energy helps with science."*

The impact on healthy eating - Mr Baker says: "All the fruit and vegetables we collect are used in the school kitchen and during cooking lessons or sold in the school shop so children learn about where food comes from and how to prepare healthy meals from scratch. Even the cakes we make for the café are healthy – we make granola bars and beetroot and carrot cake."

The Whole School Approach has made a significant impact on healthy eating amongst pupils with 98% of them saying it has influenced them. Parents also reported it has had an impact on the wider family. **As a Food for Life school, these impacts could happen in your school too!**

Parents' feedback- One parent of a year six pupil said: "My child was a fussy eater but because of the dinners at Charlton Manor he wants me to buy more vegetables. I can't believe he eats them."

