



St Mary's C of E Primary School

Food For Life Journey

since 2017



'If we truly want the next generation to understand how food is grown and produced then we have to put food education within the curriculum for their health and the health of the nation'.

Jeanette Orrey MBE, Co-founder, Food for Life





A Whole School Approach



St. Mary's Church of England Primary School
with — Educateres

James Cashmore

Director, Soil Association Food and Farming



Our first event



Food for Life.

As a school we endeavour to live out our Christian values and one of these is respect. This encompasses respect for each other, our community, country, the world and ourselves.

Food for life shares ideas and ways of contributing to this. We look after our environment, thinking about what we eat and how it makes us healthy. How we can grow produce together and cook together. This is shared with the church where pupils can prepare a meal and eat together just as Jesus taught us. It builds up relationships and our sense of worth if we can do these things as a community.

The child who is more practical benefits from this. The knowledge that they gain is shared in their homes with parents and grandparents. Gardening with grandparents is therapeutic and just being together.

As governors, we encourage links to our community. We share plants at home and at school fairs. We compete in the annual town pancake race and visit the nearby Church mead Court, a home for the young at heart.

We believe that children will grow, like a seed, well-nourished with love, time, and a caring school.

Food for life teaches a wholesome way of life and we fully endorse it.

Judith Williams

Chair of Governors.

Food Revolution Day Friday 18th May - Eating Healthily

Events have been organised to happen in the hall and playground.

Hall

- 9:30 - 10:15am Year 5/6 and in class
- 10:45 - 11:30pm In class and Year 3/4
- 1:15 - 2:00pm Year 1/2 and in class
- 2:15 - 3:00pm In class and Foundation

Playgrounds: Outside slots with coach. Please arrange smaller groups within your ½ hour time slot.

- 9:00 - Foundation
- 12:15pm Year 1/2
- 1:00 - Year 5/6
- 3:15pm Year 3/4

Lunch 12:00 - 1:00pm (meal in a box)

Please can all LSA's support in hall.

A rota of times will happen throughout the day. Parents will be invited to join their child only in the hall; to take part in the activities that happen there. Afterwards they will go home. There will be a range of salads to make, food to taste, plants/seeds to pot and sports activities in the playground.

The SNAG group will be helping with food activities in this, all day.

In class; to support our 'Silver Award', we would like you to present 'The Story Of' regarding sustainability of the product.

.... Coffee, tea, milk, chocolate, fish, honeyetc

An added extra is for you to taste/make different types of coffee, tea, milk products with the children.

This can be a cartoon strip, booklet, series of pictures, pop-up book.

Reinforce presentation, neatness, handwriting, drawing skills at their best.

Homework for this week is to cook at home together and to bring in a photo of what you've made. 'What can you make at home?'

Bonus if you bring in a recipe for your food made.

Please ask if you need more information or help.

Alison and Sadie.

May 19th 2017

Independent

Jam / soft cheese / lemon curd sandwiches

Cous cous salad

Cous cous
Cucumber
Pepper
Sultanas
sauce

Food tasting

Food - dinner service

Outside

Master composter

Outside

Sport for Health

Potato salad

Chives
Potatoes
Mayo / salad cream

Independent

Smoothies

Orange
Apple
Grape
Pineapple juices

Tesco

Bread making

Outside

Master Gardener and composter

Greggs ??? Costa????

Noodle bar?

Tasters

A very busy and successful day



Food Revolution Day

It's all about real food.

In class

Each year group has a different area to focus on (NB: families)

Breakfast, lunch - lunch box, dinner/tea and snacks.
To make chn aware of the different types of meals that could be eaten at any of these meals. A drive towards healthy eating. Could chn plan their ideas before the day with support / more independent with the older chn and then over the day to have a 'round robin' of food being prepped, mixed and cooked - whether it is in class or throughout the year group. Could chn move around classes in the year group?



A skills based event.

In the hall

It worked well before when there was a rota over the day. Parents invited into school when chn are in hall. Year 5/6, 3/4, 1/2 then foundation

Milkshake bike

School meals service

Making a sandwich

Making a fruit kebab

Any donations from Caves? Tesco? Coffee shop? Etc

Fruit cocktails

Making a salad

Food quiz for healthy eating

Draw a healthy breakfast/lunch/tea - competition

Plant a pea/bean

Master composter

Healthy cereal tasting

Cutting skills practise board



Give completed forms to your teacher to be entered into a prize draw.



Rainbow salad



Pasta salad



Rice salad



Fruit salad



Pot a seed



Visit the sugar c



Wedding cake



Bread dough
Make a milk shak





Food Revolution Day



INTERNATIONAL FOOD DAY - PARENTS INVITED

Another successful event that included parents being involved in FFL activities. Each class focussed on a different country's food



Many positive comments were made by parents being included in school life.





Home grown runner beans
September 2017



A contribution to
the salad cart.
Grown in school!



The Mayor came to visit,
answered questions from
our SNAG team...





... and stayed for lunch.

It is all about growing,
exploring and eating real food.



We grow garlic, corn,
onions, peas, herbs and
salad plants... and a
few flowers.



Growing



- Plant and Share
- Planting seeds
- Handmade pots
- Leicester radio -
'growing progress'
- Food for salad cart
- INSET from FFL team

We have to be
versatile and
inventive in where
and how we grow
our plants.

Classroom windows
are a good place!





1 The Farmer



2 Growing the crops



3 Harvesting



6 Logistics



7 Packaging for delivery



4 Transport to the factory



5 Preparing the food

This was initially presented as part of a school assembly.



8 Delivery to the supermarket



9 Supermarket shopping



10 The plate. Tea!

The Journey of Food.

Throughout the school we investigated the food miles for different products.





Cross-Curricular links

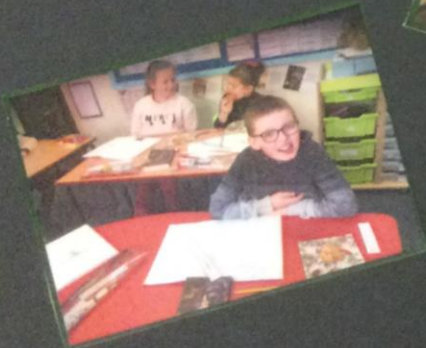
Fruit art
creation
afternoon
28/9/17



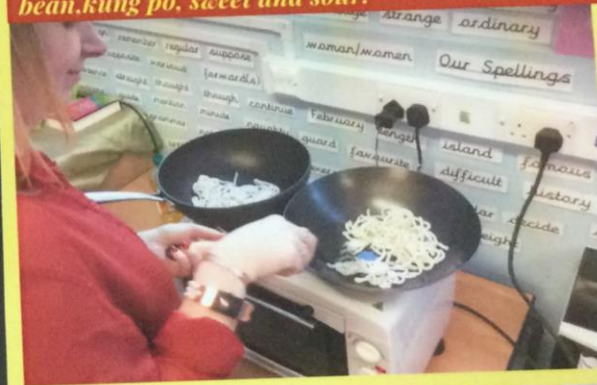
Food planned as
part of the
curriculum.



Enjoying Hagrid's rock cakes



Noodle tasting with a choice of sauces -black bean, kung po, sweet and sour.



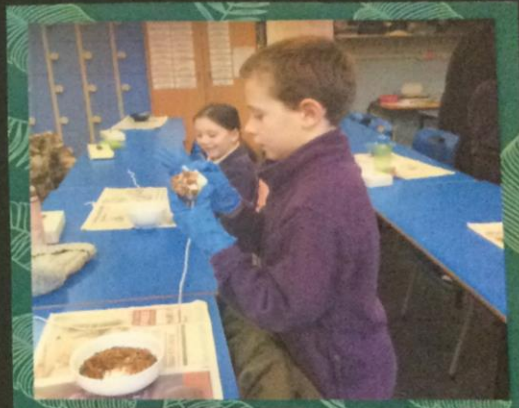
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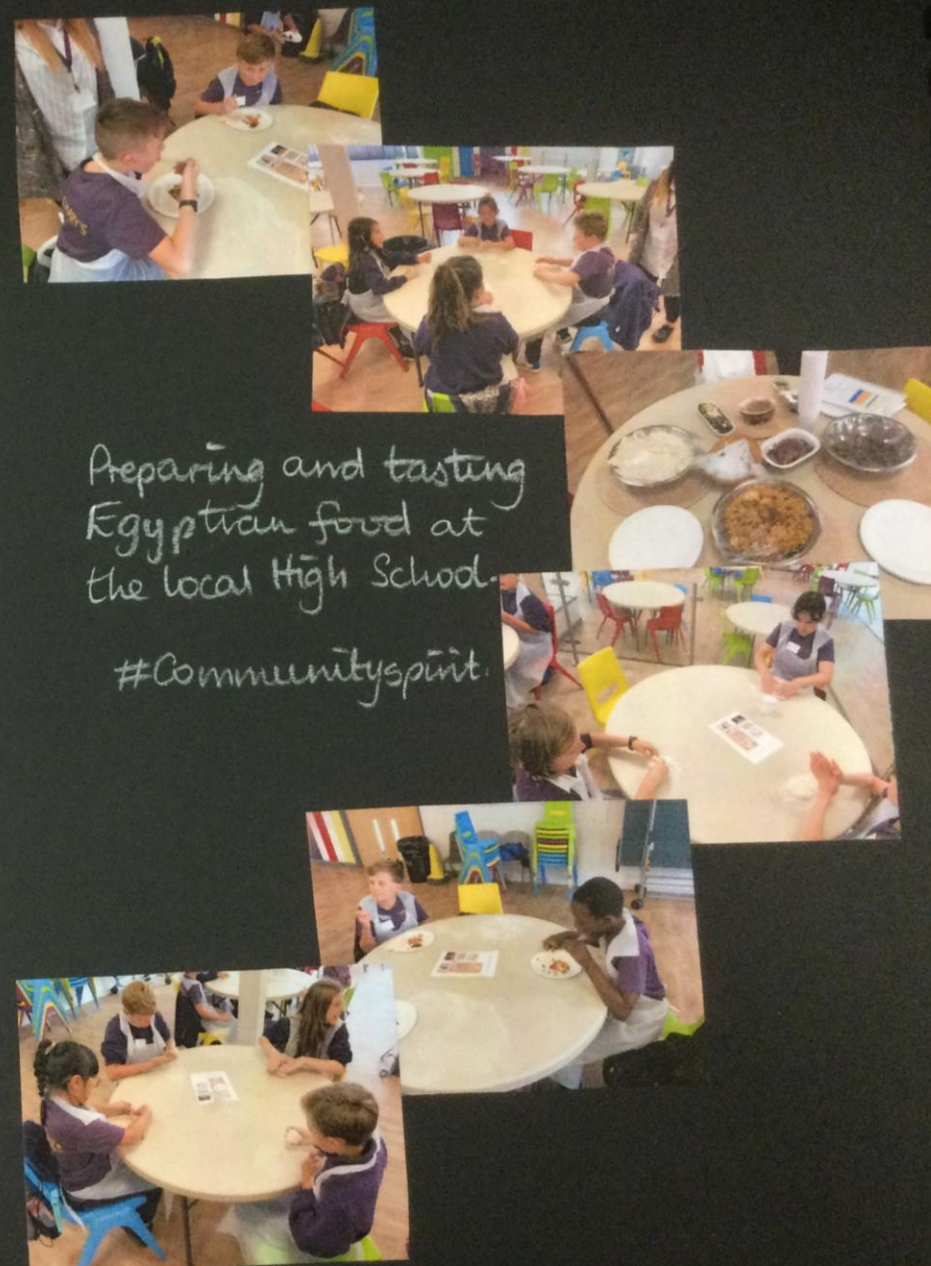
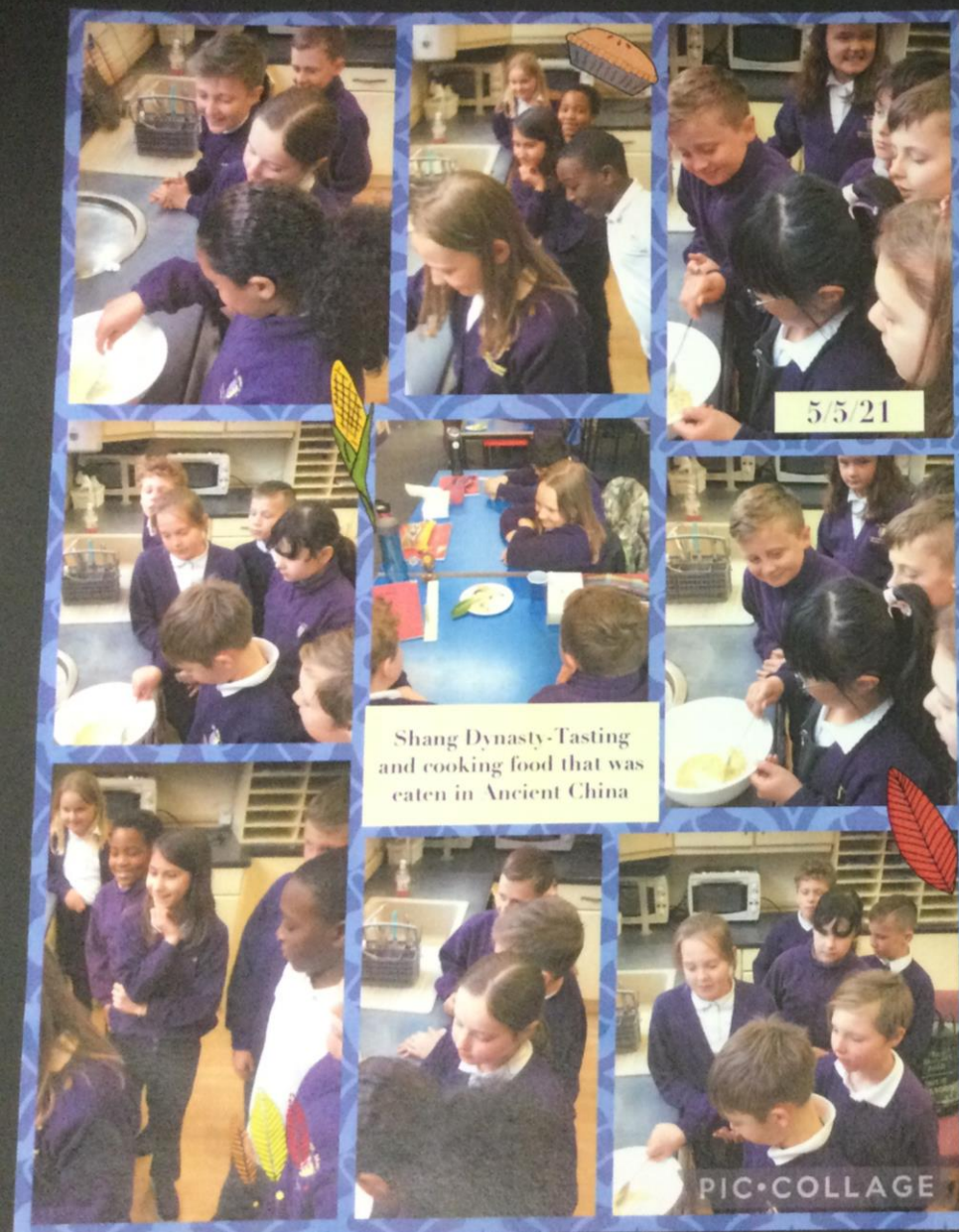
Even lockdown
couldn't stop
us!



Fat balls
for
birds



PIC•COLLAGE



Dear Parents and Grandparents,
As part of St Mary's Food For Life Silver Award, we would like to invite Grandparents to come and join us for an afternoon 'Cream Tea Event'. We will be serving tea, coffee, cake and a chat for Grandparents in the school hall on the afternoon of Tuesday 13th November, from 2pm to 3pm. We would very much like you to come and share some time and talk with our children about school life now and perhaps what it was like when you were at school and other topics over a cup of tea. Please fill in the reply slip to show your interest and return to school by Friday 9th November at the latest.
Thankyou

Alison Horsler
Food for Life Lead

A hugely successful event.

Eyes down: Grandparent's Bingo

1st March 2019

"It's great to be included in school life."

Grandparents' Bingo. Full house!



Food for life - as part of the community.





Dear Parents,

We won!

As your child took part in Hinckley's Pancake Race on the 5th March, we would like them to share the pleasure of winning with you.

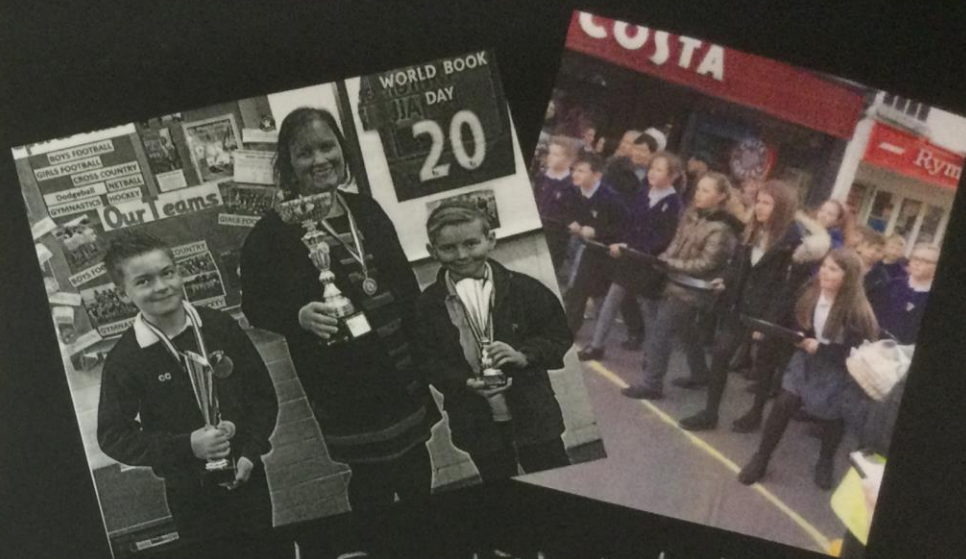
You will be able to have the trophy for one night and then return it the next day for others to take part too.

This is a fabulous opportunity to share the award at home and have the pleasure of talking about the experience.

Did you see all the photographs in the Hinckley Times?

Thankyou.

Please return to the School Office.



we won! Every child who took part had the opportunity to take the trophy home to celebrate.



Pancakes

Ingredients:

100g plain flour, 2 large eggs, 300ml milk, pinch of salt,
1tbsp sunflower/vegetable oil (plus extra for frying) lemon wedges/sugar

Method:

1. Put the flour, both eggs, 300ml milk, 1 tbsp oil and salt into a bowl and whisk to a smooth batter.
2. Rest for 30 minutes
3. Place a medium frying pan over a medium heat and wipe with oiled kitchen paper.
4. When hot, pour in batter and cook for 1 minute until golden.
5. Serve with a filling of your choice.





Winning
the
Pancake
race.



Healthy
Teeth



Christmas School
Fair



Enterprise
event



Eyes down!

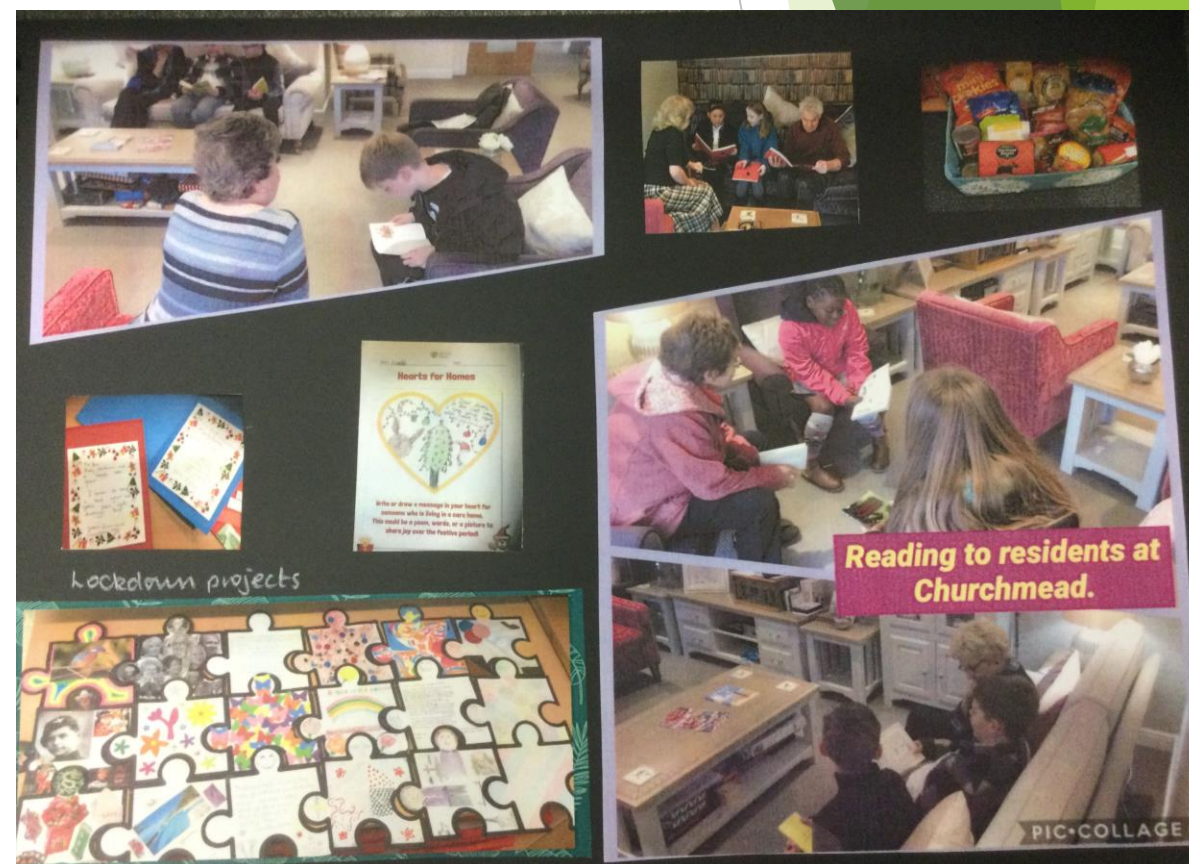
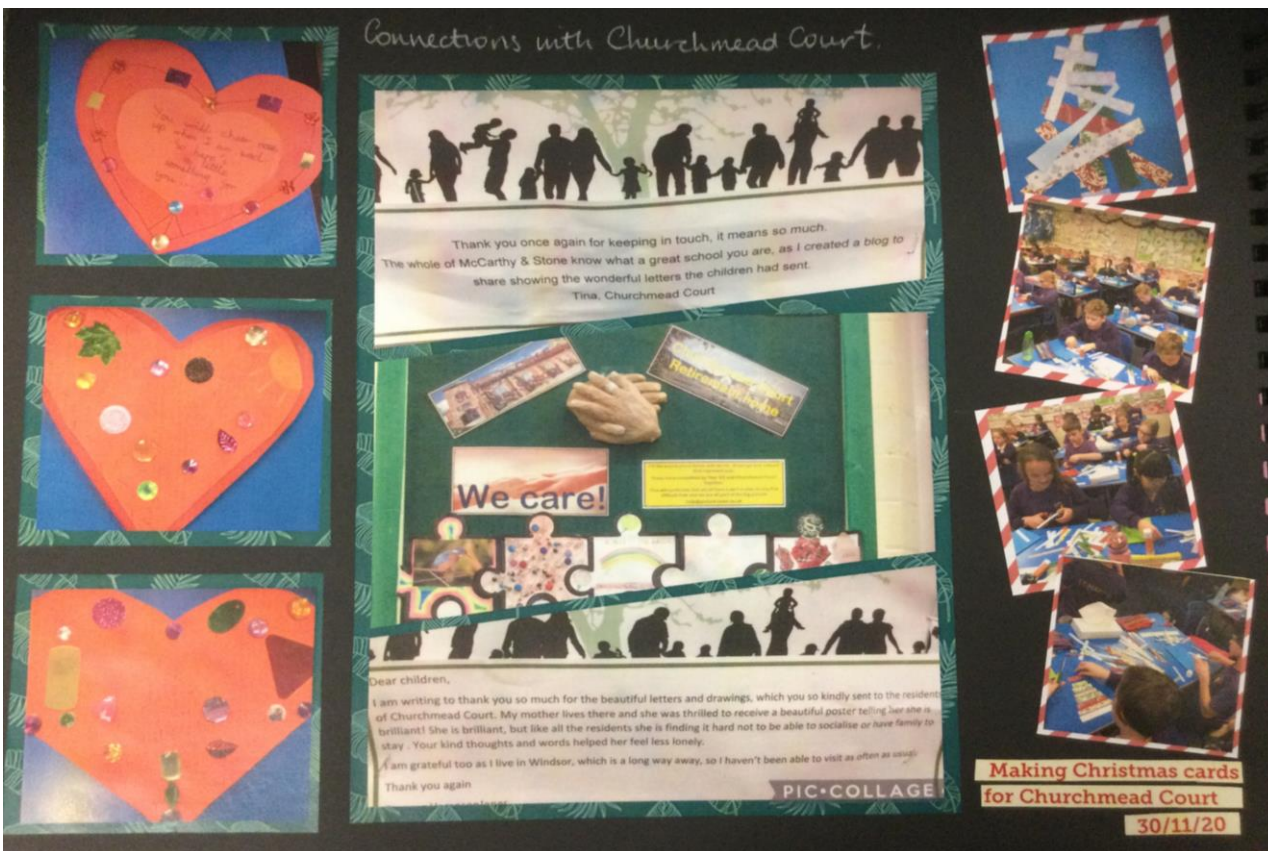


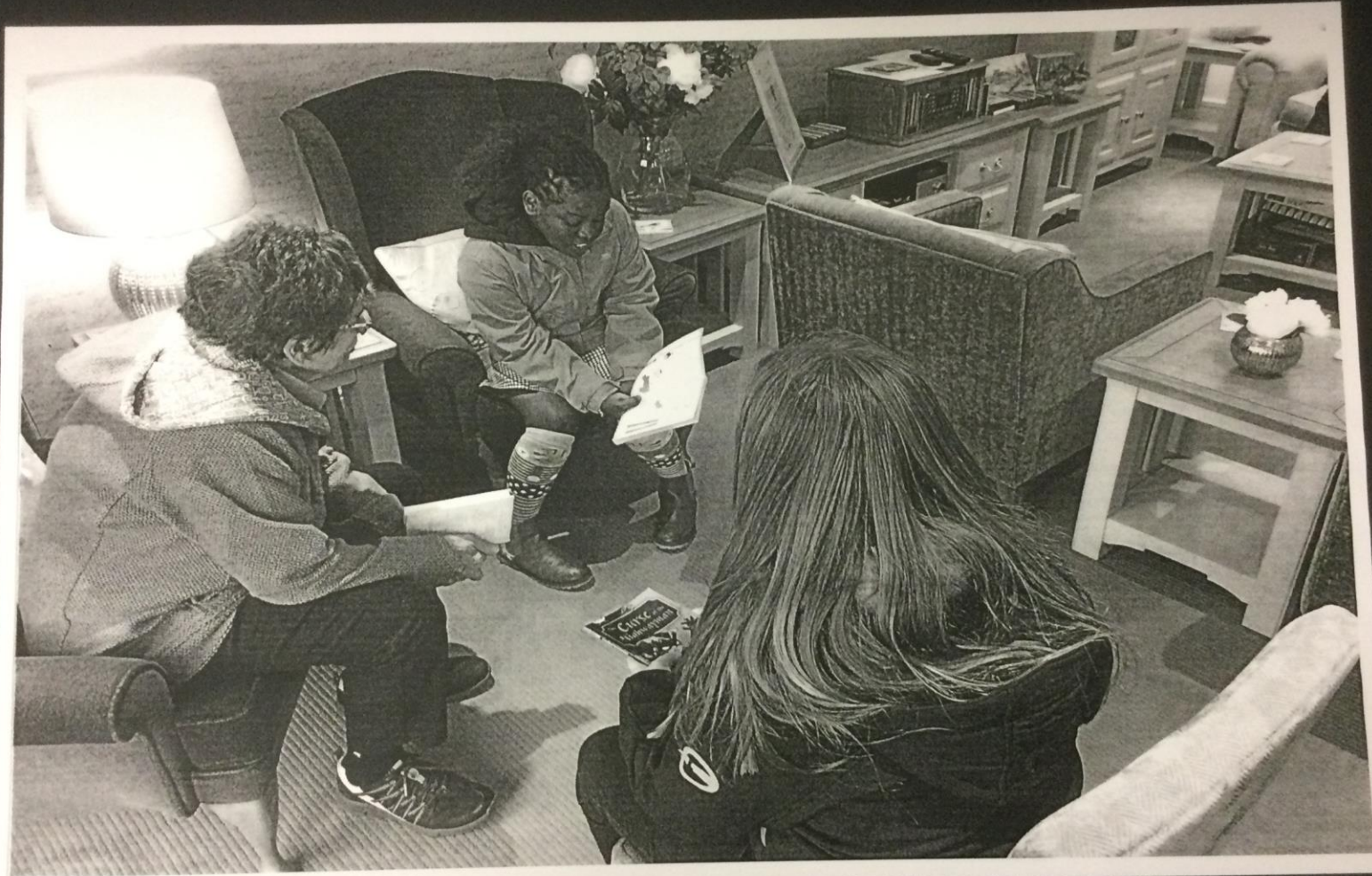
Macmillan
Coffee Morning



Pupils from St Mary's
CE Primary School in
Hinckley sowing seeds
in neighbouring St
Mary's churchyard







Reading and discussion with the Residents at Churchmead Court.



Clifton Hall Farm,
Rugby



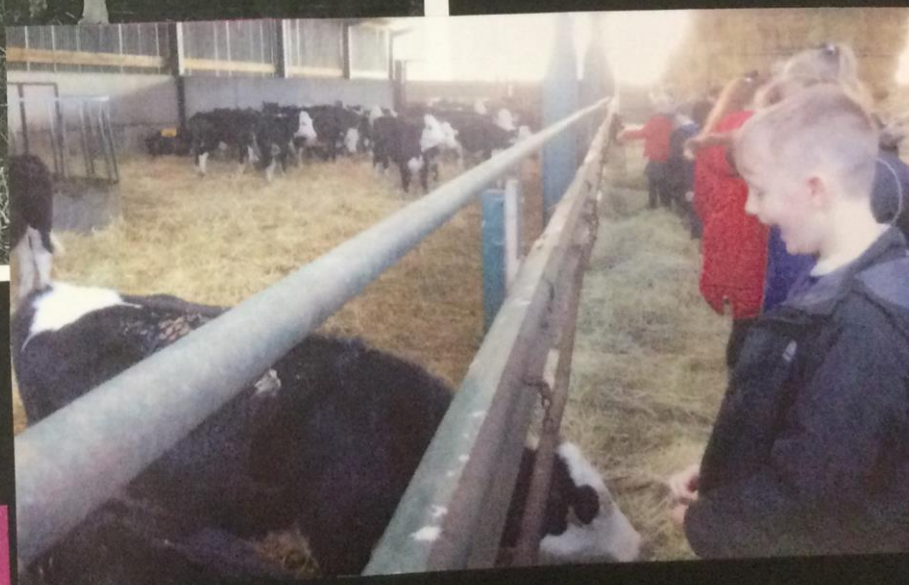
Aberdeen Angus Cattle



We visit
every
term.

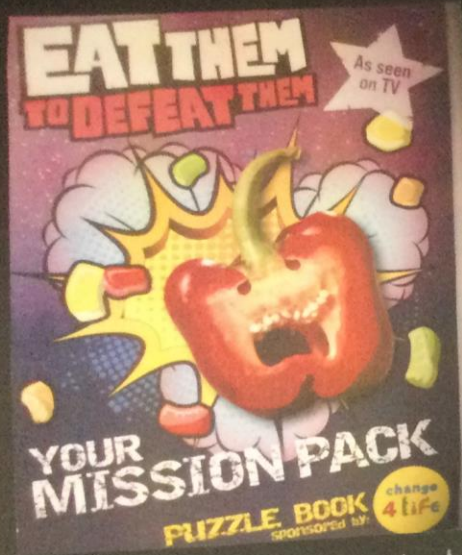


An arable and
beef cattle farm

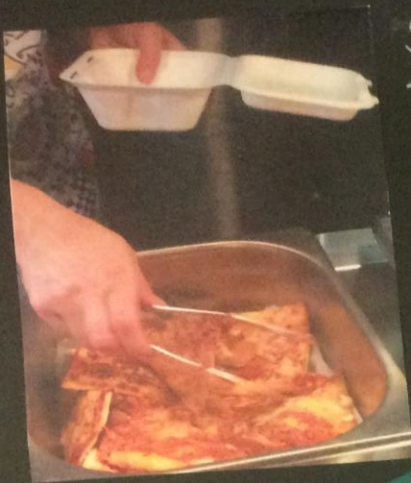


Available for
all year groups

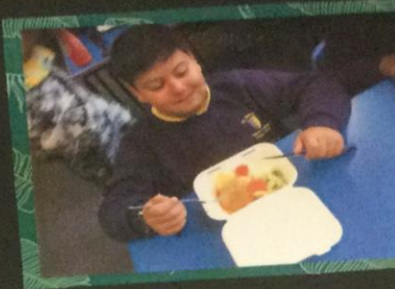
Farm visits.



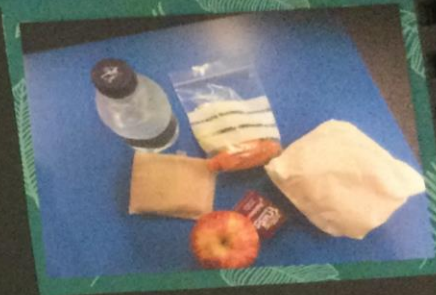
Eatwell plate



School Dinners



Parent lunches too.



5 choices a day!

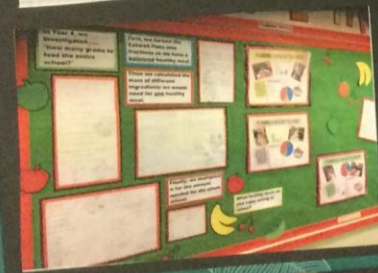
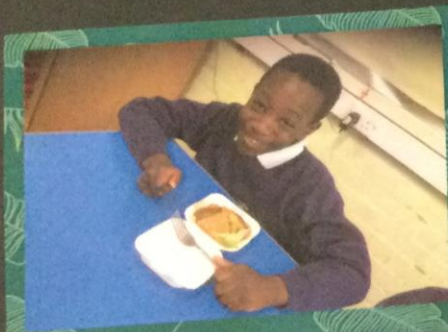


A big winner!

School lunches 2020



Hot food - even in lockdown.

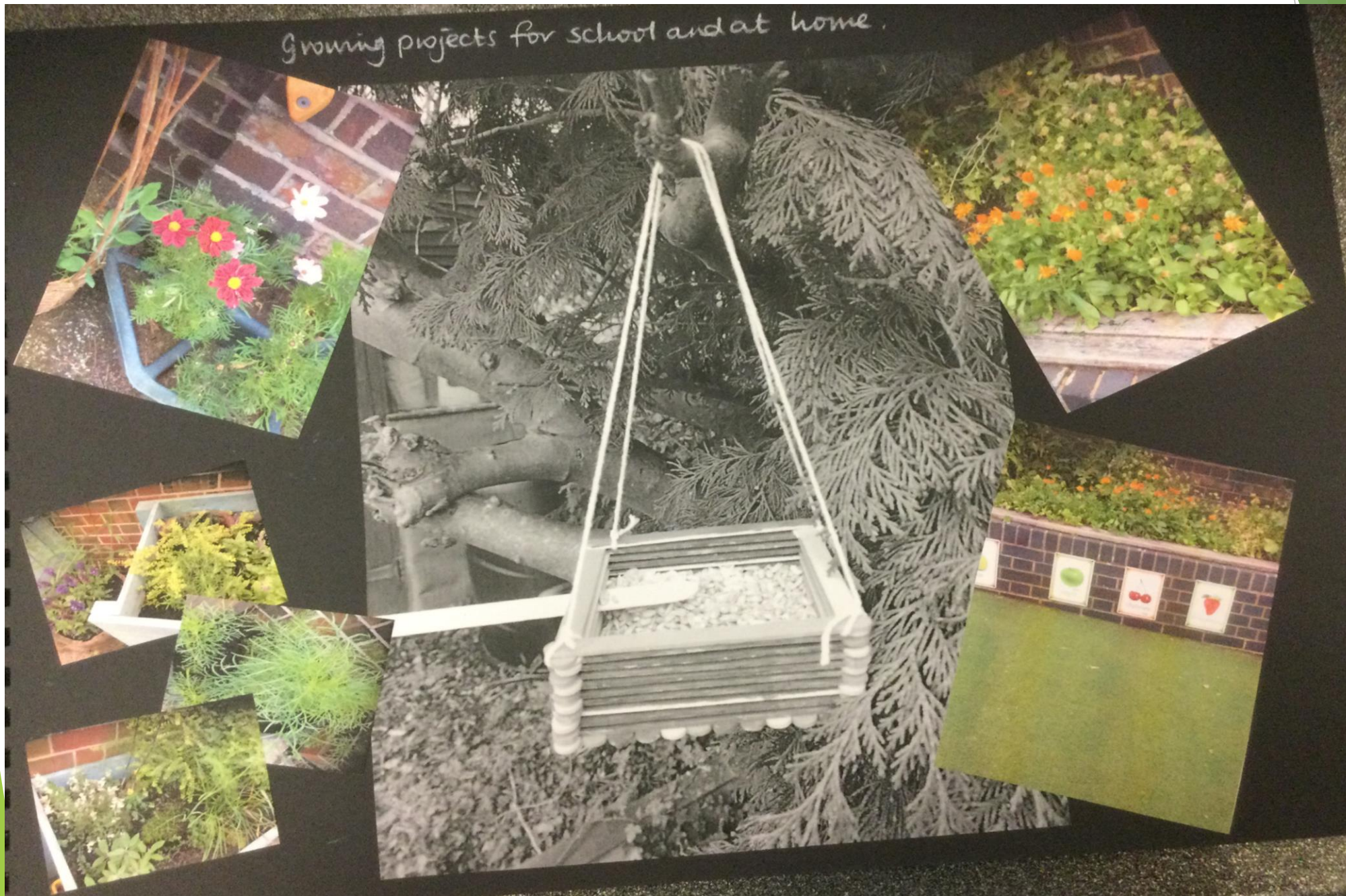






**A role of
encouragement**

Growing projects for school and at home.







Year 5/6 initial flash mob rehearsals. These were received with great excitement. Just a taster of what's to come!



Foundation stage making fruit crumble.



Year 1/2
Mixing and kneading the bread dough - what a messy job! We used scissors to snip the herbs and sprinkled them on top.



Year 5/6
'Be a soil scientist'. Investigating compost.



Since 2017, we have been on a journey of introducing and embedding the Food For Life programme within St Mary's.

We have celebrated the successes of achieving our Community, Bronze and Silver awards.

We are well on our way to achieving our Gold award and have become a hub school for the area.

We are looking forward to the future and what that holds for us in an ever-changing world and that we continue to educate our children in all that is involved in food.

Alison Parry