

#### GROWING AND COOKING. DEVELOPING A HEALTHY ETHOS INSPIRING LEARNING FOR LIFE



Charlton Manors approach to Learning through Health and well-being

# THE EATWELL GUIDE



A great deal of food, flavour and tastes

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# IT STARTED WITH A SPACE



#### **OUR SECRET GARDEN**

#### BEFORE...



# INVOLVING CHILDREN EARLY

- They wanted a garden
- They were interested in food growing
- They wanted to be more informed about healthy choices.

#### CHARLTON MANOR PRIMARY SCHOOL

#### CHILDREN'S WISH LIST



### THE DESIGN

- Children's ideas.
- Look at gardens.
- Think about habitats.
- Think about food growing.
- Think about creating interest.
- Think about a place to be.

# THE FINISHED PLAN



## AND THEN THE GARDEN BECAME A REALITY.



Using the garden provides many opportunities for measuring, shape, area, perimeter, volume, symmetry as well as English creative writing, following instructions, formal letter writing, persuasive writing, As well as Science, foundation subjects. Children also work as a team constantly risk assessing, problem solving and are also encouraged to make ethical decisions.

#### THE GROWING. A SECRET GARDEN



### MANY LEARNING EXPERIENCES







# HEALTHY EATING



#### Supplying the Kitchen



## MATHS AND LITERACY PLAYS A BIG PART IN THE GARDEN



Working out a business plan to sell the fruit and veg.

- Buying and selling
- Weighing and measuring

Persuasive writing

- Advertising
- Marketing
- labelling

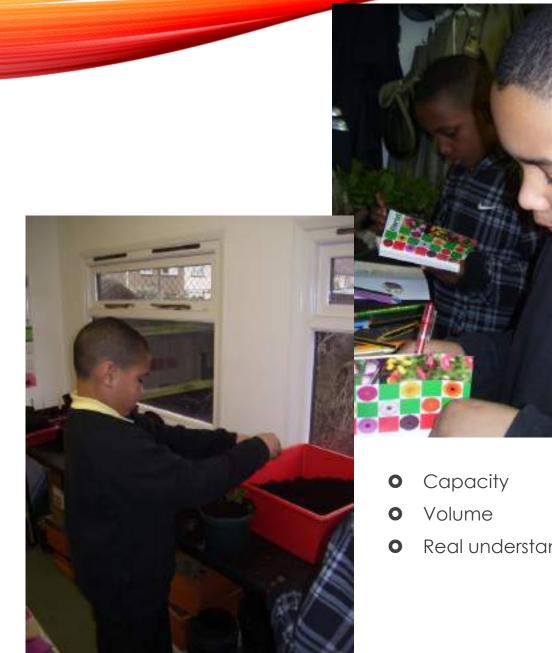




- Area and circumference.
- Distance.
- Ratio.

- Business plan
- Pricing
- Research

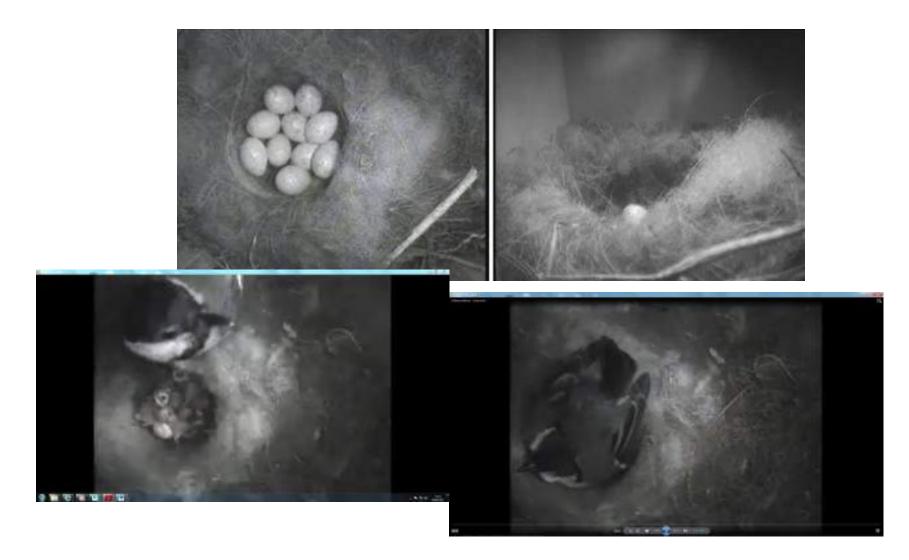




- Recording and observing. •
- Note taking
- Diary entries ٠
- Instructional • text

Real understanding of weight.

## ICT ALSO SUPPORTS LEARNING IN THE GARDEN



WEATHER STATION





Low light and time-lapse garden cam





Bee cam



#### Henri-Le-Worm



food growing and cooking

## THE GARDEN ATTRACTED THE INTEREST OF MANY

#### BBCs I can Cook





**BBCs** Newsround



Sporting Legend Colin Jackson Channel 5s Milkshake are regular visitors



# CHANNEL 5

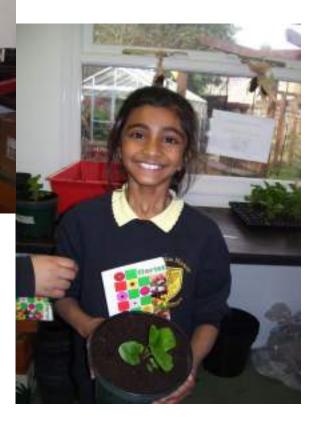


# DEVELOPING THE WHOLE CHILD



- Working together
- Nurturing

- Feeling Proud
- Sense of achievement
- Engagement





- A place to think
- A place to focus



- Take on responsibility
- To be relied upon



- For all ages and abilities
- To have FUN



## CHICKENS ADD A NEW DIMENSION



- Observe, listen, touch, explore.
- Discover and understand.









What happens if? Can I?





What is this like? What's through here?



#### How does this feel?



#### l know

How high can we climb?

# **TEACHING THE THREE RS**

# Respect Responsibility Reliability

## LAUNCH OF THE FREE BREAKFAST CLUB



# VISIT FROM PENNY







# INTERVIEWS WITH THE STARS



## THE BEES ARRIVE AND CAUSE A BUZZ



# BEE KEEPING? CHILDREN?



### **BUILDING FRAMES**



## **Weekly inspections**



#### HONEY EXTRACTION



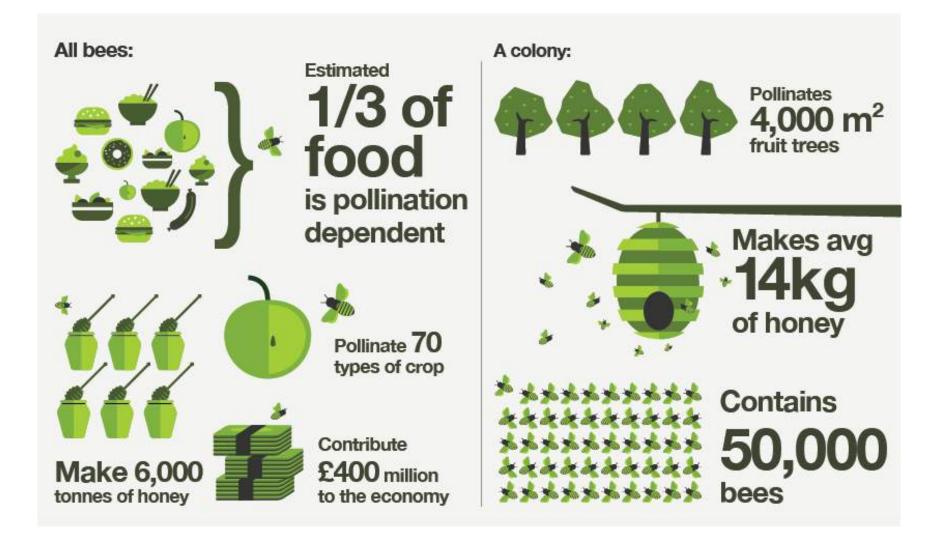






### CONSERVATION

• Children understand that the eco system is delicate.



#### ATTITUDES CHANGED. THE NEXT SWARM WAS DEALT WITH BY PUPILS.



Developing confidence





#### **PUPILS SET UP ECO BUSINESS** WITH SUPPORT FROM LLOYDS



#### Making honey money

#### **PRESENTING TO LORD JIM KNIGHT**



Jim Knight officially opens first shop 'Sweet Pickings'

Including local MP, Mayor and a councillor



#### LINKING WITH A LOCAL FARM TO INCREASE OUR PRODUCE







## WITH OUR COMMUNITY GARDEN

#### Polytunnels help us to grow year round

24411

#### COMMUNITY HELP WITH GARDEN





# COOKING OUTDOORS

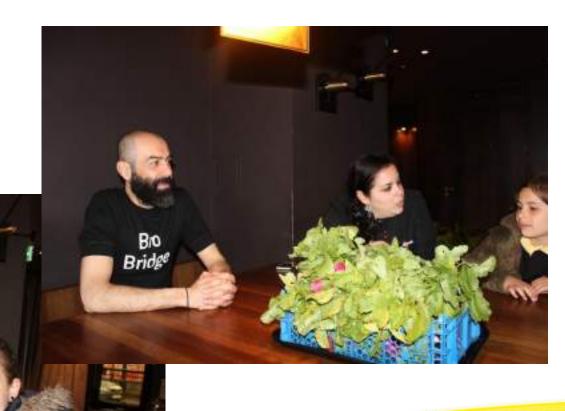
#### Our wonderful outdoor kitchen

#### REAPING THE REWARDS OF THEIR WORK



#### AN OPPORTUNITY FOR COMMUNITY ENGAGEMENT AS WELL AS ENTERPRISE

Negotiations with a local Restaurant



#### SWEET PICKINGS ENGAGING WITH THE COMMUNITY



#### SELLING THE PRODUCE

Selling our produce at the Summer Fair



# LOTS OF PRODUCE



## SELLING AT BOROUGH MARKET



## FUN WITH FOOD





### JOURNEY TO CHELSEA



#### Loading the van



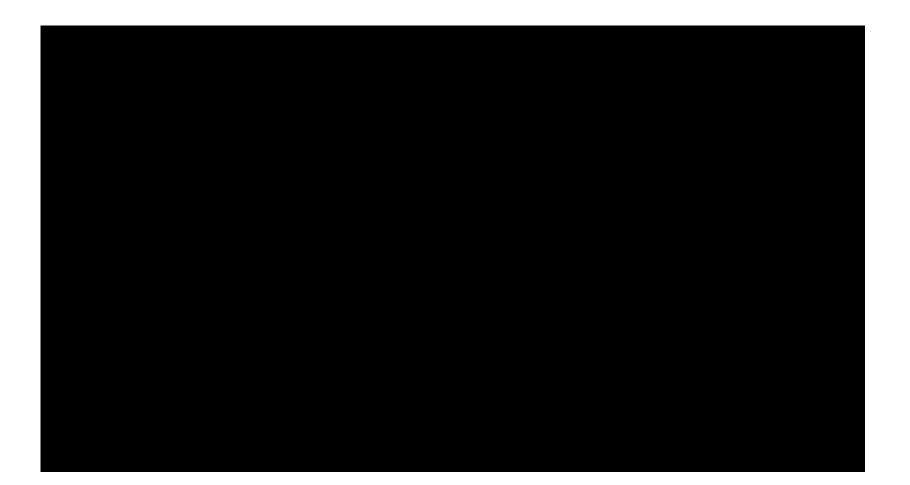
#### LEAD SCHOOL IN A GARDEN

Speaking and listening to visitors





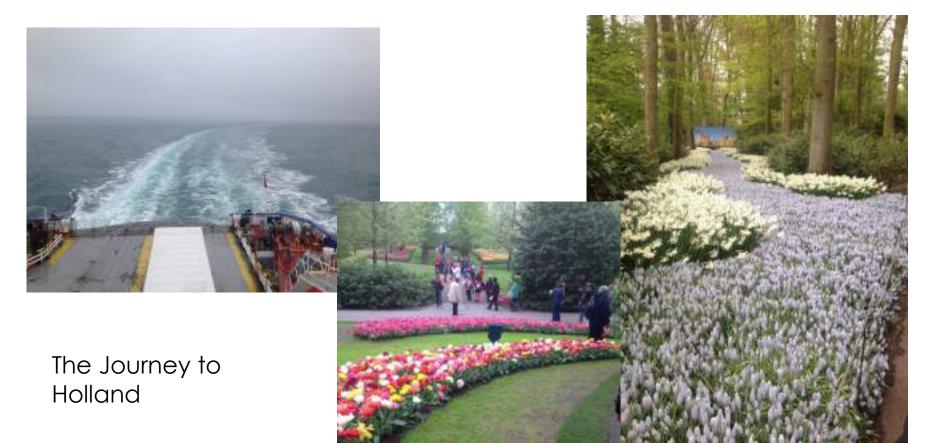
#### INTERVIEW OPPORTUNITIES



## AND SOME VERY WELL KNOWN



### GARDENS ABROAD



A wonderful example of what can be done with flowers





#### CHINA



#### DESIGNING A GARDEN IN FRANCE





### CHILDREN WORKING ON THEIR GARDEN IN INDIA





Working with others Planning together Use of IT

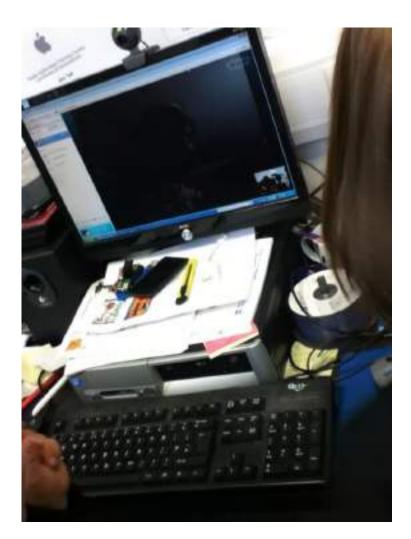


#### A SIMILAR PROJECT FOR NEPAL



A parent approached us. Their brother and sister in law ran an orphanage.

We hold weekly Skype sessions



## THE NEPALESE ORPHANAGE





#### Junk Food

What is junk food ? Lollies, soft drink, potato chips, hot chips, ice cream, and hamburgers, hot dogs and other kinds of take away food are called junk food.

#### What a wrong with jank food?

- \* This kind of feed has too much fat in it.
- · It has too much salt in it too.
- + And it has too much sugar.

"A diet of junk food can suffer lasting damage to their brainpower." Children who eat more chips, crisps, biscuits and pizza before the age of three have a lower IQ five years later, a study showed.

#### Harmful Effects of Junk Food

- Increased rates of bone fracture
   Increased risk for osteoporosis
   Increased risk for weight gain and obesity
   Increased risk for Type II Diabetes
   Increased risk for Kidney stones

- Increased rate of tooth decay and other dental problems
   Weaken your immune system
   Junk food diet is a major cause of heart diseases.





#### A VISIT FROM A GERMAN SCHOOL THEY ALSO KEEP BEES



They were really impressed

They invited us there.

### OUR TRIP TO GERMANY



#### CHARLTON MANOR PUPILS WORKING WITH GERMAN SCHOOL







Their Bees

#### The near by Primary school



## WORLD FOOD DAY



#### WORKING WITH A SCHOOL IN INDIA



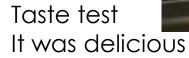
We cooked food here and they did there.

We tried their recipes and they ours. We created a joint recipe book

### TRYING THE RECIPES









### SUPPORTING OTHER SCHOOLS





Robert – a weekly visitor from Charlton Academy

# THE TEACHING KITCHEN

Why?

- Inclusive
- Impacts positively on mental health
- Embraces all cultures
- Teamwork
- Cross-curricular, literacy, numeracy, science, history, geography, pshe, DT, PE, MFL.
- Entrepreneurial
- Community
- Parents and children (home learning, working together, building relationships)
- Cooking, Sitting eating, tidying up Talking, engaging, showing interest.

# THE KITCHEN



### State of the art equipment



# OPENED BY RAYMOND BLANC OBE



# WORKING IN THE KITCHEN





# COOKING USED FOR LEARNING



# AT ALL AGES





# RHS AND JAMIE OLIVER



## Running courses in the school for other schools



YouTube videos supporting script writing, speaking and listening, healthy eating at school and home, maths etc.....



## **1944 EDUCATION ACT**

The provision of school meals and milk finally became a statutory duty for local authorities under Section 49 of the 1944 Education Act. In 1945 Lord Woolton told the Warwickshire Women's Institute 'The young need protection and it is proper that the state should take deliberate steps to give them opportunity ... Feeding is not enough, it must be good feeding. The food must be chosen in the light of knowledge of what a growing child needs for building a sound body. And when the food is well chosen, it must be well cooked. This is a task that calls for the highest degree of scientific catering; it mustn't be left to chance'

### THE FIRST NUTRITIONAL STANDARDS FOR SCHOOL MEALS

The first nutritional standards for school meals were set in 1941. These standards were specified in Government Circular 1571 (Board of Education 1941) and advised LEAs that school lunches should be planned to provide a child with:

- 1000 kilocalories;
- 20–25 g of 'first class' protein (i.e. animal protein);
- 30 g of fat.

# STILL A FOCUS

In 1955, the nutritional standards for school lunches were updated and Government Circular 290 (Ministry of Education 1955) recommended

that the school lunches should provide:

- 650–1000 kilocalories (depending on the age and sex of the child);
- 20 g of 'first class' protein;
- 25–30 g of fat.

As in Circular 1571, Circular 290 did specify the amounts of protein and fat in grams. Each lunch was to be supplemented with 3/4 oz (20 g) of dried milk and, each child was entitled to 1/3 pint (200 mL) of milk.



In 1967, financial responsibility for the school meals service passed to the LEAs with the introduction of the Rate Support Grant. This gave LEAs greater discretion over the lunches provided and the pricing policy. The restrictions in the supply of free school milk started in 1968 when free school milk to secondary school children ended. In 1971, it was further restricted to 5–7year-olds in mainstream education and all children in special schools.

### **1980 AND INTRODUCTION OF 'MARKET FORCES' TO SCHOOL MEALS**

The 1980 Education Act (Department of Education and Science 1980) changed the school meals service from a compulsory national, subsidised service for all children, to a discretionary local service. This Act:

• removed the obligation on LEAs to provide school lunches, except for children entitled to free school meals;

 removed the obligation for meals to be sold at a fixed price;

- removed the requirement for the lunches to meet nutritional standards and;
- removed the entitlement to free school milk.

# SCHOOL FOOD PLAN 2013

 These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

### THE SCHOOL FOOD STANDARDS

#### Portion sizes and food groups

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#### The standards for school lunches



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Bread - with our added list or eil - man he available every day



#### Meat, fish, eggs, beans and other non-dairy sources of protein

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#### Fruit and Vegetables

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At least three-Blicton Data and three different segments with week



#### Foods high in fat, sugar and salt

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#### **Healthier drinks**

applies ocress the school school day.

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- · Foat or regradie juic tour Uthola
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- · Tax, rollin, her charolast

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### ENJOYING THE DINING EXPERIENCE



# INCLUDING THE COMMUNITY





# SINGING AND GIFTS FOR OLD PEOPLES HOME





# HEALTHY CHOICES







## SERVING HEALTHY LUNCHES



### PRIDE IN THE DINNERS AND PRIDE IN THEIR WORK







Keep developing Boosters tackling Holiday hunger, Child Protection, Routines and attainment.

charlton

# NOW WE'RE COOKING

- Continue supporting other schools and Local Authorities in developing a healthy ethos.
- The book details 28 lesson plans teaching healthy cooking throughout other curriculum areas.

Now We're Cooking! Delivering the National Curriculum Unrough Pood







Ten Baber, Marte Repriets

Periveral by Jone Ohen Mill Georetica



# CONTINUE RUNNING CONFERENCES

Enlisting key speakers and providing practical workshops.



### COMMMUNITY ENGAGEMENT WITH OUR CAFÉ AND SHOP

Selling healthy food and drinks. Supporting local education.



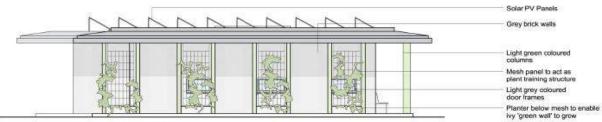


This area of land will provide a community garden, football pitches with changing rooms, trim trail, teaching kitchen and café.

### THE COMMUNITY BUILDING



FRONT / SOUTHEAST ELEVATION

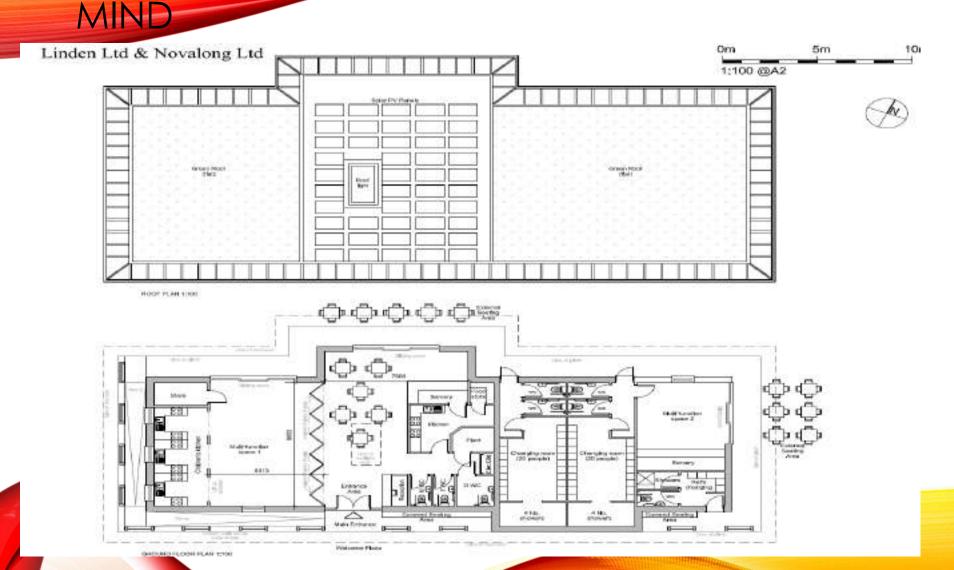


SIDE A / SOUTHWEST ELEVATION



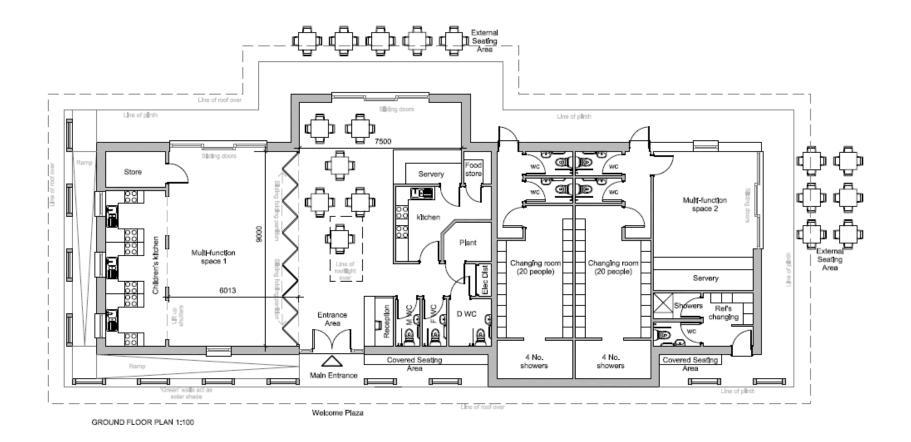
REAR / NORTHWEST ELEVATION

DESIGNED WITH THE ENVIRONMENT IN



Providing opportunity for schools and local community to learn how to cook.

# A CLOSER LOOK AT THE KITCHEN



- 2.5 Million pound project
- Appliances already donated by Jamie Oliver

### EDUCATION, HEALTH AND SCHOOL MEALS: A REVIEW OF POLICY CHANGES IN ENGLAND AND WALES OVER THE LAST CENTURY (2004)

 With the increased prevalence of childhood obesity and the changing public health agenda, there are signs that the current situation in school meals will not be left unchanged and the work now being done by the FSA, Department for Education and Skills and Ofsted could mean that further modifications to the school meals service might occur. This may result in a school lunch service that will have an educational benefit and health benefit for the child.

# THIS IS CHARLTON MANOR

