

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

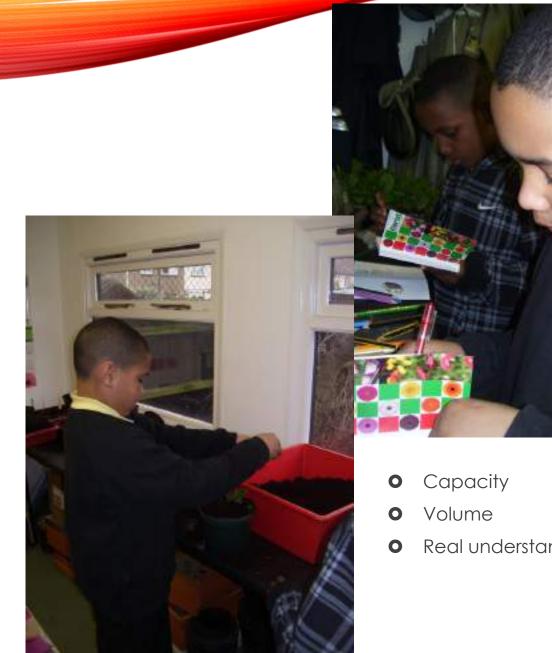




- Area and circumference.
- Distance.
- Ratio.

- Business plan
- Pricing
- Research

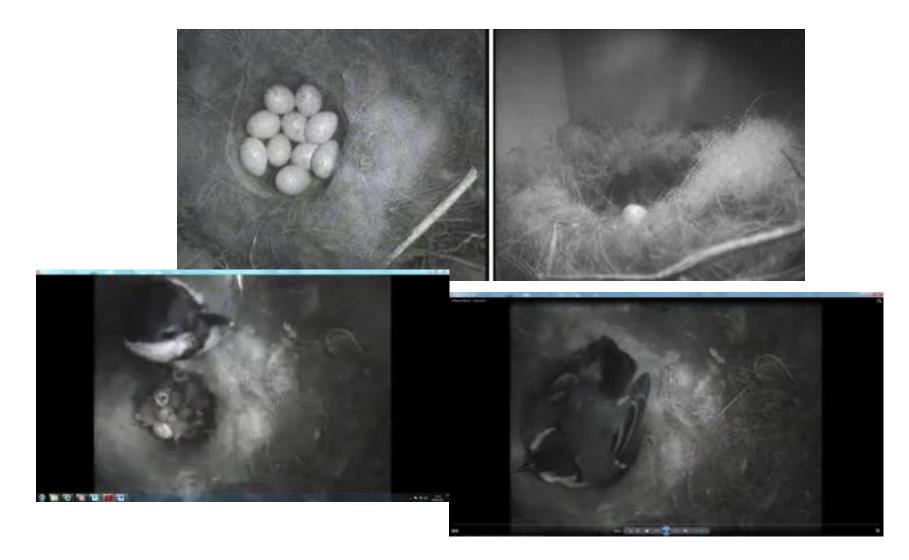




- Recording and observing. •
- Note taking
- Diary entries ٠
- Instructional • text

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

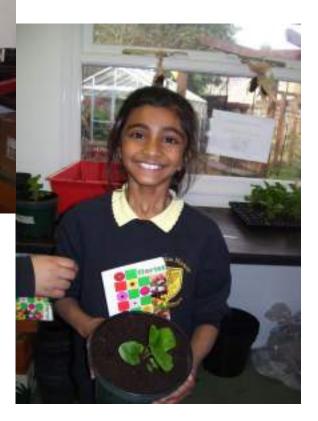


DEVELOPING THE WHOLE CHILD



- 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



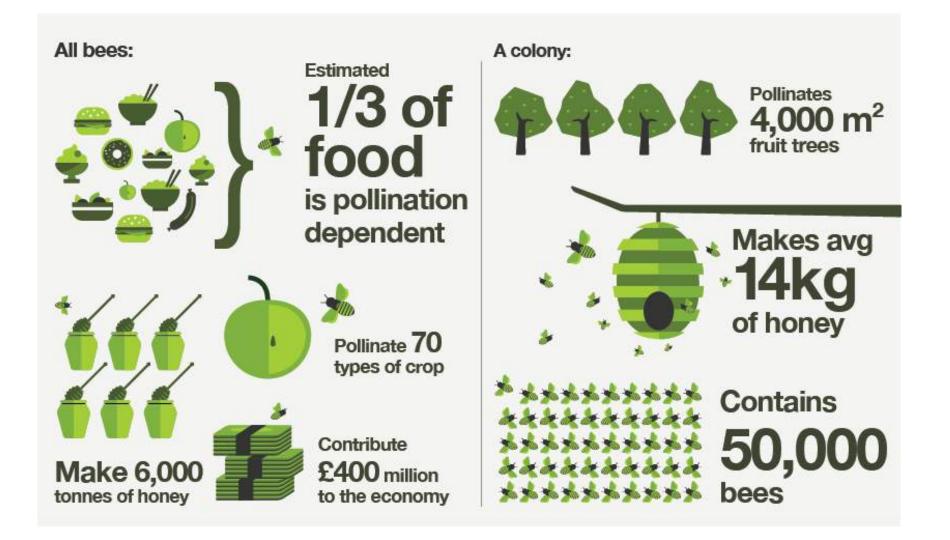






CONSERVATION

• 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

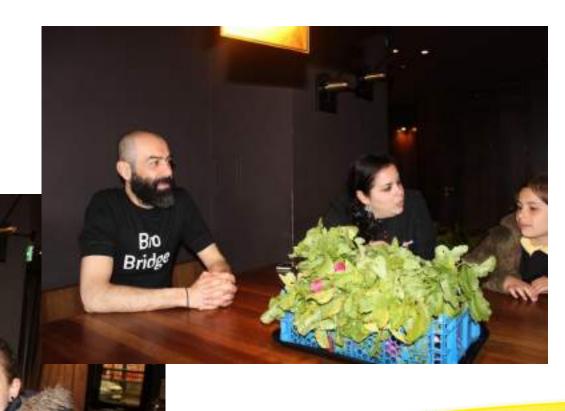
Our wonderful outdoor kitchen

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



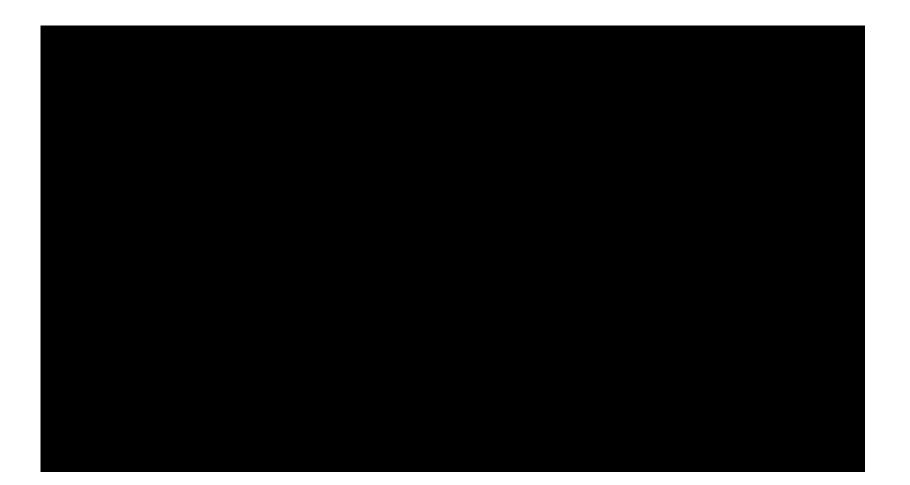
LEAD SCHOOL IN A GARDEN

Speaking and listening to visitors





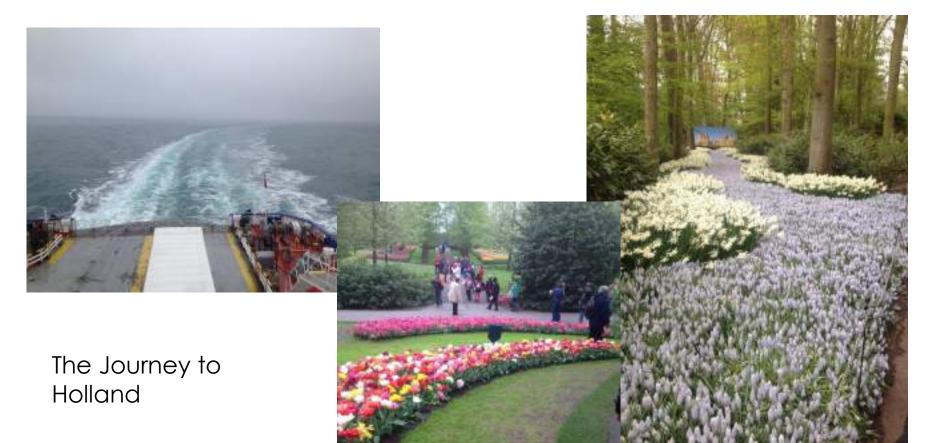
INTERVIEW OPPORTUNITIES



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

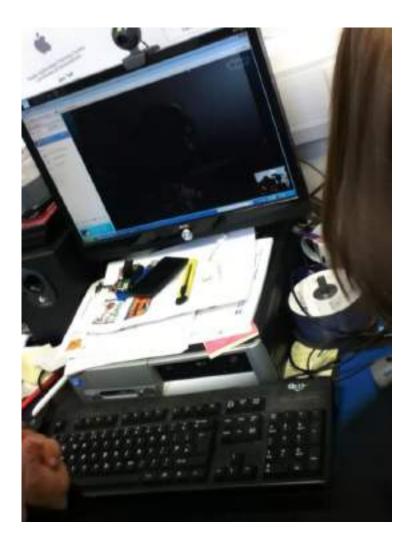


A SIMILAR PROJECT FOR NEPAL



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



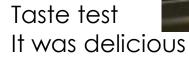
We cooked food here and they did there.

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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Discorney day

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Foods high in fat, sugar and salt

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Healthier drinks

applies ocress the school school day.

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ENJOYING THE DINING EXPERIENCE



INCLUDING THE COMMUNITY



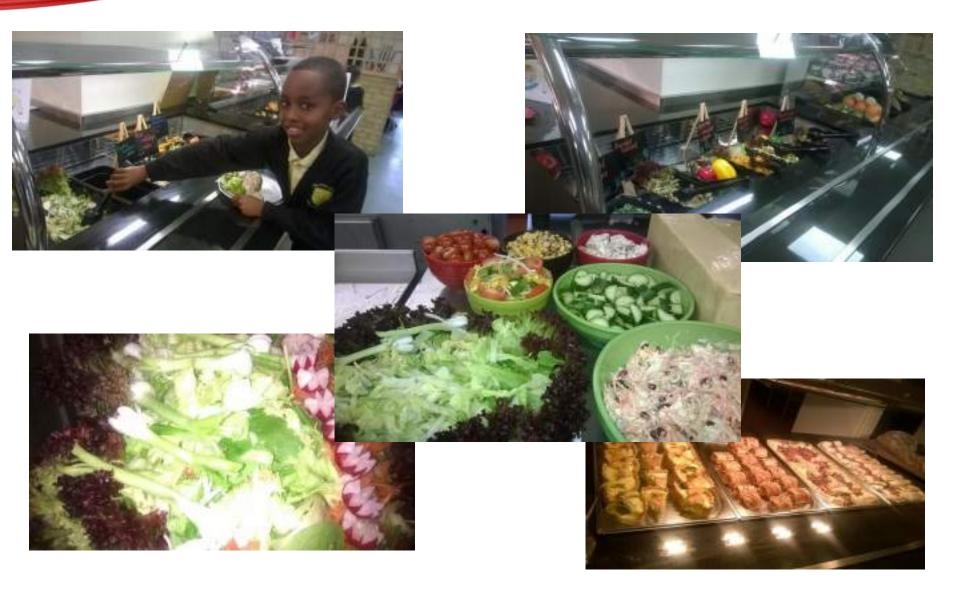


SINGING AND GIFTS FOR OLD PEOPLES HOME





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.



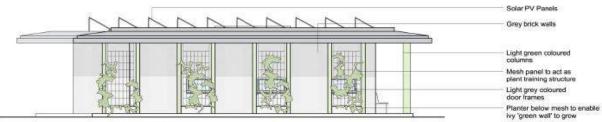


This area of land will provide a community garden, football pitches with changing rooms, trim trail, teaching kitchen and café.

THE COMMUNITY BUILDING



FRONT / SOUTHEAST ELEVATION

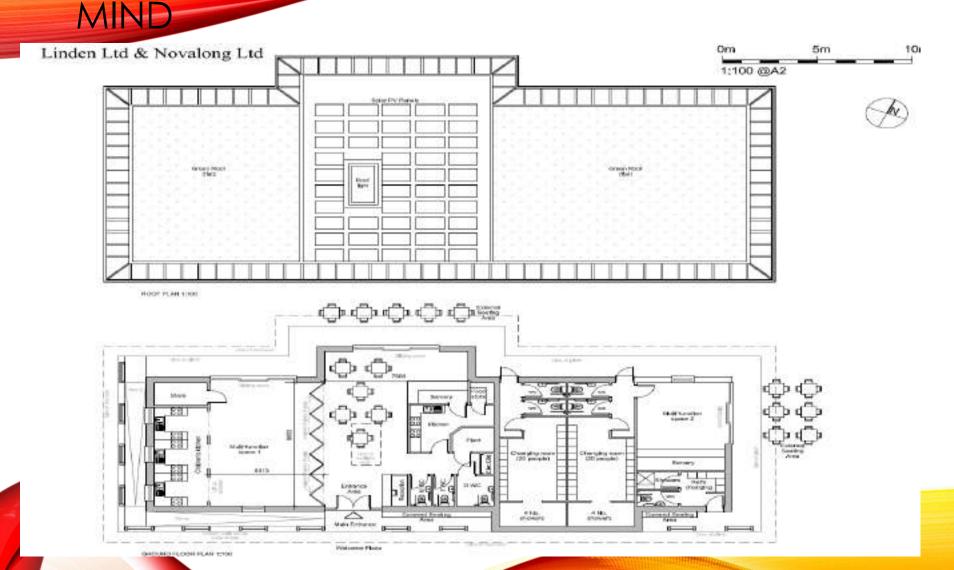


SIDE A / SOUTHWEST ELEVATION



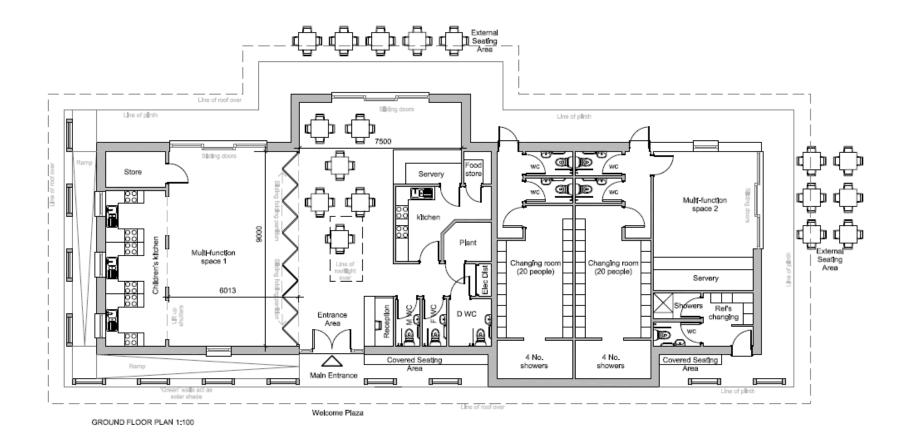
REAR / NORTHWEST ELEVATION

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

