

FAO: Healthy Schools/Food in Schools Lead or headteacher

The Food for Life Partnership in conjunction with NORSE Commercial Services, would like to invite you to attend a **FREE seminar** this March

This twilight session will:

- Provide you with the opportunity to opt in to the Food for Life Partnership (FFLP) Bronze Mark menu from NORSE & focus on all aspects of school meals
- Receive free FFLP resources pack for gardening, cooking, farm visits & much more
- Begin looking at the FFLP Bronze award for all aspects of food in school
- Tap into expert advice, support & events for all things food, health & well-being
- Discover how to benefit from FREE training, awards ceremonies and potential grants.

16 March 2011 / 4.00pm – 5.30pm

West Norfolk PDC, Kings Lynn, PE30 2HU

17 March 2011 / 4.00pm – 5.30pm

Kings Church, Great Yarmouth, NR31 0LE

RSVP by 10 March 2011

Ian Nutt – East of England regional coordinator

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Attendees should be the lead on school food/healthy initiatives, plus catering manager where appropriate.

If your school is not already enrolled with FFLP, please feel free to do so online at www.foodforlife.org.uk and receive your FREE resources pack.

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PARTNERSHIP



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Soil Association



The Food for Life Partnership





East of England
Bronze Celebration event

Bronze Awards take Norfolk schools to new heights



"The Food for Life Partnership is important because it keeps people healthy. It helps to make the world a better, healthier place".

So said Beth Winchester, 11, from Fakenham School, one of the fourteen schools in Norfolk presented with the prestigious Bronze Award at a Food for Life Partnership Norfolk Bronze Awards Ceremony on 8 February 2011.

The first of its kind to be held in the East of England, the Awards Ceremony took place at Ecotech, a centre for sustainability based in Swaffham, Norfolk. Students from 14 schools across the county spent the afternoon discovering sustainable energy sources. Some of the students were brave enough to climb the 305 steps to the top of the wind turbine, which gave amazing views of Norfolk but shook from side to side in the wind.

In the meantime, staff from the 14 school shared best practice and discussed key elements of the Food for Life Partnership award scheme with Norfolk stakeholders: Norse Commercial Services, Healthy Schools, Farming & Countryside Education and Norfolk Environmental Education Service.



Children at Hethersett Junior grow food in their organic garden

School staff, the students and stakeholders then gathered in the Ecotech theatre to collect their Bronze Awards

What the children say

The children and young adults from all 14 schools are very clear about what the Food for Life Partnership means for their school and why it's important to eat healthy food.

Alex Edmunds, 7, from Nightingale First School said the Food for Life Partnership "makes people eat fruit and vegetables that they might not think they like."

And Leah Carey, 7, also from Nightingale said the Food for Life Partnership "makes people healthy. Fruit and vegetables contain a lot of vitamins, which are good for you. We do a lot of growing."

Speaking to Helen McDermott on the BBC Norfolk radio programme the morning of the Awards Ceremony, Milly Fair, 11, and Jordan Bromely, 9, from Hethersett Junior talked about eating school dinners from real plates rather than flight trays, growing strawberries and potatoes in their organic school garden and cooking soup using vegetables from the garden.

A team effort

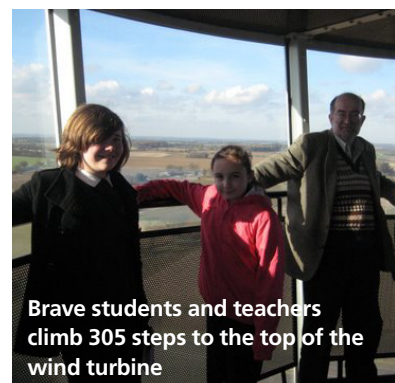
Working towards the Bronze Award is very much a team effort and achieving Bronze is down to the hard work of students, SNAG

groups, staff, parents and members of the local community.

Speaking at the Awards Ceremony, Will Clennell, a French teacher at Dereham Neatherd High School said he started out with a couple of spades and a patch of grass on the school grounds; the French classroom now looks like a potting shed. Since embarking on the Food for Life Partnership, the school has set up a vibrant gardening club and a cooking club, which is hugely popular with students and staff alike, and the transformation in the canteen has been "spectacular". He said: "The Food for Life Partnership has changed my day-to-day life for the better. Lots and lots of pupils are getting the benefits - getting their hands dirty and taking things from seed to plate."

Deborah Roe, a parent with children at Hethersett Junior School, has taken charge of the school allotment, she said: "I find it very rewarding working with the children in the Food for Life Partnership gardening club. Sharing my knowledge, planning the planting and fundraising has been a lot of hard work but fun. The children are very enthusiastic."

Also present at the Awards Ceremony was Sue Astbury and Adele Godsmark from Norfolk Healthy Schools, Moya Myerscough from Farming and Countryside Education, Sue Falch-Lovesey from Norfolk Environmental Education Service and Chris Cope from Norse Commercial Services.



Brave students and teachers climb 305 steps to the top of the wind turbine

Take action

Enrol your school on the Food for Life Partnership award scheme online : www.foodforlife.org.uk/enrol

The power of food

Achieving the Food for Life Partnership Bronze award is a significant step on the journey towards a better food culture, as it is at Bronze that the foundations are laid: Bronze schools serve seasonal school meals that are at least 75% freshly prepared by a well-trained school cook. Pupils and parents are involved in planning improvements to school menus and the dining experience via a school nutrition action group, which boosts school meal take-up. Every pupil has the opportunity to visit a farm during his or her time at school, and opportunities are given for cooking and food growing activities.

Ian Nutt, East of England coordinator for the Food for Life Partnership, said the Norfolk Bronze Awards ceremony was "inspirational". He said "Together with Norse, this cluster of schools has shown determination and an understanding of how important lunchtimes and food education are to the individual child, both within and outside of their schools.

When you hear teachers, caterers, cooks and children telling their stories of what they have learnt through the Food for Life Partnership, we mustn't underestimate the power that food has on the health, wellbeing and the education of children and adults alike."



Children from 14 schools celebrate achieving their Bronze award

Pass on

your knowledge to other Food for Life Partnership schools - find our 'Pass it on' resources online at: www.foodforlife.org.uk/resources



Inspecting the wind turbine blades!

Meet the award schools

Fourteen schools celebrated their Food for Life Partnership achievements at the Ecotech Centre:

- Magdalen Gates Primary, Bull Close, Norwich
- Archbishop Sancroft High School in Harleston
- Dereham Neatherd High School (Food for Life Partnership flagship school) in Dereham
- Nightingale First School in Taverham, Norwich
- Little Melton Primary, Little Melton, Norwich
- Tacolneston Primary in Tacolneston
- Kinsale Junior in Hellesdon, Norwich
- Fakenham Junior in Fakenham
- Parkside School, College Road, Norwich
- John Grant Primary in Caistor on Sea
- Bure Valley Primary in Aylsham
- St Michael's Infants in Aylsham
- The Clare School, Southpark Avenue, Norwich
- Hethersett Junior (the 2,000th school to join the Food for Life Partnership nationwide) in Hethersett

Food for Life Partnership

The Food for Life Partnership is a network of schools and communities across England committed to transforming food culture. Together we are revolutionising schools meals, reconnecting young people with farms and inspiring families to cook and grow food.

The initiative is funded by the Big Lottery Fund and led by the Soil Association, bringing together the practical expertise of the Focus on Food Campaign, Garden Organic and the Health Education Trust.

To join the Food for Life Partnership or find out more, check out www.foodforlife.org.uk or email Kate Shaw: KShaw@soilassociation.org