

FOOD FOR LIFE NEWSLETTER



April 2025 Issue 2 |



Why Food for Life?

Having the Food for Life award means we have committed to:

- **Providing good quality school food.**
- **Learning about food, cooking and growing.**
- **Working with our local community and parents.**

This contributes to the school wellbeing and catholic social teaching.

We enjoyed an activity on the school yard at playtime which was open to the whole school. The children were given a picture and they had to estimate how long it would take that item to decompose and stand in that square. The SNAG then told them if they were correct or directed them to the correct square. Some children were surprised how long it took some items to rot, especially disposable nappies.



Let's Get Growing!

We are excited to be sowing our seeds soon. Each class will plant food that we can then eat at lunchtime, such as cress, lettuce, courgette, carrots, spring onions and herbs.

We will care for them and watch them grow over the next few weeks, so watch this space!



The SNAG investigated our school compost bin. They were amazed how many worms were inside! They learned how the worms and other insects break down the food and paper matter to leave nutritious soil to use in our planting beds.



Keep an eye out for our next issue of the newsletter for updates on our Food For Life actions!

