

# FOOD FOR LIFE NEWSLETTER



July 2025 Issue 5 |

## "Our Garden, Our Food"

We have certainly been caring for the seeds we planted in spring and now it is harvest time! We enjoyed eating Class 1's cress and more recently Class 4's Spring Onions were tried by a lot of children. Soon Class 3's courgettes will be ready to eat followed by Class 2's carrots. What a treat!

## Thoughtful, health-conscious, and inclusive Birthday treat ideas!

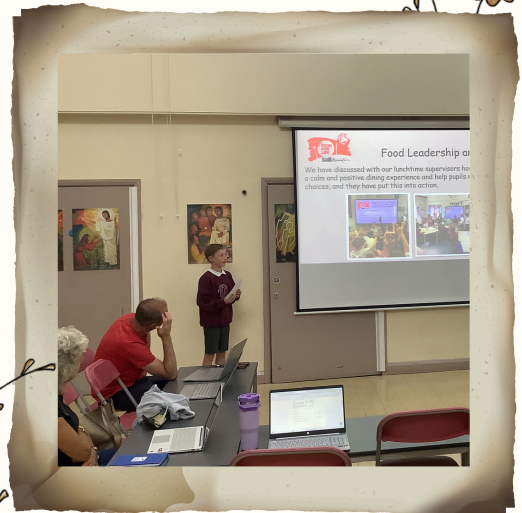
Our SNAG have been busy thinking of healthier ways we can celebrate our birthday in school. They noticed that sharing sweets in class when it is our birthday does not reflect our school message of healthy eating and instead wanted to share some ideas of alternative ways we can celebrate our birthday with our classmates.

Here are some suggestions:

- Fruit cups - Colorful, fun, and naturally sweet.
- Mini muffins - Use whole grains and fruits like banana or blueberries.
- Popcorn bags - Air-popped, lightly salted or plain.
- Veggie sticks with hummus - Put in small cups with a lid.
- Stickers - Fun and inexpensive.
- Mini notebooks or coloring pages with crayons - Encourages creativity.
- Pencils, erasers, or bookmarks etc - Useful and celebratory.
- Donate a book for the class library for all to enjoy - promotes reading.

Plus we are sure there are many more...

Thank you!



Our SNAG gave a presentation to our board of governors. They updated them with all of our actions in school for a healthy food culture. They also outlines areas where we would like to improve.

## Why Learning to Use a Knife and Fork Matters

Our SNAG team feel that we should all be able to use a knife and fork easily by the time we leave primary school. Helping children learn to use a knife and fork isn't just about good manners—it's an important step in developing independence, fine motor skills, and confidence at mealtimes. It also encourages healthy eating habits and prepares children for social situations where cutlery is expected. Practising at home makes a big difference, and we appreciate your support in helping your child build this valuable life skill. Please see a useful information sheet on our website for ideas, hints and tips.