

# FOOD FOR LIFE NEWSLETTER



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## "From Dirt to Delight: The Great Carrot Haul"

It's Harvest time here at Holy Trinity School and the SNAG have been very busy reaping the rewards of Class 2's gardening earlier in the year. They pulled up our crop of carrots and were surprised to find an assortment of shapes and sizes of vegetables growing there. What a treat!



The carrots were cooked in a delicious roast dinner and served the next day – how lucky we are to eat freshly grown vegetables! Growing our own food helps us learn where our meals come from and how to look after plants. It also teaches us to make healthy choices and work together as a school. Everyone enjoyed tasting the yummy results of our hard work!



At school, we celebrated Hello Yellow Day to show support for young people's mental health. Everyone wore something yellow to spread happiness and remind each other that it's okay to have all kinds of feelings.



By joining in together as a whole school community, we celebrated the important role food plays in different cultures. At our coffee morning, families brought in a wonderful variety of treats such as samosas, dumplings, cakes, and other homemade dishes to share. We showed that we value friendship, kindness, and the chance to learn from one another. Everyone enjoyed tasting the different foods, talking together, and celebrating the amazing diversity that makes our school so special.