



Islington Healthy School Programme

Spring 1 – Update 2009

Introductory Letter

PSHCE and Emotional Health and Wellbeing

PSHCE Coordinators/Subject Leaders Meeting: 4th February 2009
Sex & Relationship Education Policy and Drug Policy Training Day: 6th February 2009
Policy Writing Workshop: 12th March 2009
Primary Coordinators new to PSHE and Citizenship: 24th February 2009
Primary Topic-based Curriculum and PSHE Working Party: 4th March 2009
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National No Smoking Day: 11th March 2009

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19th January 2009

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This matter is being dealt
with by Helen Cameron

Dear Colleagues

Healthy School Programme Update

Happy New Year, and welcome to the first Healthy School Programme Update of 2009.

The spring term is a very exciting one for schools and pupil referral units in Islington: all but three schools and PRUs have secure plans in place to reach the national expected standard for the Healthy School Programme by the end of term. This means across Islington our offer to support children and young people's health and wellbeing provides a good foundation for schools' statutory duty to promote wellbeing.

Schools with National Healthy School Status demonstrate they are supporting children with:

- a recognised standard of PSHE education, including sex and relationship and drug education
- consistent support for healthy eating and cooking both through their curriculum (in and out of school hours) and the food they provide and promote
- effective approaches to encouraging physical activity; as part of the PE curriculum, within out of hours learning and through simple ways to promote physical activity in everyday life for parents, carers and children
- their systems and structures to support pupils' emotional health and wellbeing

We e-mail a copy of the update directly to colleagues we have addresses for and upload the update onto the Islington section of the National Healthy School Programme Website for all to use. If you would like a copy of the update e-mailed to you please contact Michelle.

Select the 'London' region and 'Islington' as the local programme. On the website are also many of our resources for your use: www.healthyschools.gov.uk .

If you have any queries about the programme or the support available please contact the relevant team member or me.

Yours sincerely



Helen Cameron (on behalf of the Islington Healthy School Programme)
PSHCE and Healthy School Programme Manager

HEALTHY SCHOOLS PROGRAMME TEAM

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PSHCE UPDATE SPRING 1 2009

Continuing Professional Development Opportunities in PSHCE



ISLINGTON
Healthy
SCHOOL
PROGRAMME

- **PSHCE subject leaders meeting:** The next subject leaders' meeting is **Wednesday 4th February, 2009**. 4.30 – 6.00 pm at Laycock Street PDC.

Agenda

- PSHE is becoming statutory (hooray!) – what will this mean for your school?
 - PSHE & SEAL: exploring the links
 - Resources update
- **Sex & relationships education policy and drugs policy training day:** Friday 6th February, 9.30 – 3.30 at Laycock Street PDC. Choose to explore issues for schools relating to sex and relationships education or drugs education and drug related incidents. More information in our CPD brochure.
 - These days are followed up by **policy writing workshops** on Thursday 12th March, 9.30 – 12noon. Supporting you to write or rewrite your policy once you have agreed your approach within school.
 - **Primary coordinators new to PSHE and citizenship:** Tuesday 24th February, 9.30 – 3.30 at Laycock Street PDC. During this course we will explore the management of PSHCE across the primary school, consider how to work with other staff and discuss the role of the coordinator. More information in our CPD brochure.
 - **Primary topic-based curriculum and PSHCE working party:** The next meeting will be held on **Wednesday 4th March, 12.30 – 3.30 at Newington Barrow Way N7 7EP**. Lunch will be provided. We will review the PSHCE curriculum mapping tools for schools explored in the previous session (please come along with your thoughts and ideas to feed back) and begin to explore further links for teaching and learning of PSHCE within literacy. More details to follow. To confirm your attendance please contact Michelle Foster on 020 7527 2928.



- **local2global project training day:** Tuesday 27th January An exciting project for Year 4 & 5 classes that combines History, Geography and Global Citizenship and teaches about refugees, fair-trade, children's rights, the local environment and the world. Year 4 & 5 teachers are invited to attend this training day to help them deliver the project through a series of 90-minute workshops

with their classes during the summer term. Contact David Rosenberg for more information: davidrosenberg58@googlemail.com, or to book contact Michelle on 0208 527 2928 michelle.foster.camb-ed@islington.gov.uk



- **Regional Briefing Events for PSHE education:** Economic wellbeing and financial capability (EWBFC)

The PSHE Association, together with CfBT Education Trust will be holding a London regional briefing event for PSHE education: economic wellbeing and financial capability on **10th February**. The key purpose will be to offer support to school subject leaders and teachers for PSHE education with a particular focus on the economic wellbeing and financial capability programme of study. To sign up please go to the PSHE Association website www.pshe-association.org.uk

Dates for your diary



February is LGBT History Month. Lesbian Gay Bisexual Trans History Month takes place every year in February. It celebrates the lives and achievements of the LGBT community and encourages everyone to see diversity and cultural pluralism as positive forces. A very good teaching pack with lesson plans and ideas for tackling homophobic bullying is available to download from www.schools-out.org.uk. Sally Martin (Primary PSHE Advisory teacher) is available to support PSHE lessons about identity and diversity to include this theme using stories suitable for primary children.



Wednesday, 11th March is National No Smoking Day.

Simple lesson plans suitable for whole lessons or shorter tutor group sessions are available to download from www.nosmokingday.org.uk/organisers/lessonplans.htm.

There is also an offer of **free theatre workshops** for **Year 7** from Islington Stop Smoking Service working with Caught in the Act theatre company. The aims of these would be:

- How to raise the subject that you're worried about your parent/carer smoking
- Encouraging a Smokefree home.

For more details, please contact Tom Buttrick, No Smoking Day Coordinator, on 020 7527 1256 or Tom.Buttrick@islingtonpct.nhs.uk

Resources for both Primary and Secondary aged pupils



The Home Safe: Domestic Violence Prevention Education Programme for Schools offers free whole school training, advice and support with the focus on providing support to children and young people affected by domestic violence. The Domestic Violence Prevention Officer works with both primary and secondary schools across Islington delivering:

- Domestic violence prevention/child protection training of whole school staff
- Distribution of resources and materials
- Work in the classroom through the PSHE curriculum
- Parent workshops
- Offer of advice and support

For those schools that have yet to receive either the staff training or in-class assistance to deliver domestic violence prevention lessons to pupils, please do not hesitate to contact Heather Vacciana, Home Safe: Domestic Violence Prevention Officer on 0207 527 5718 or heather.vacciana.camb-ed@islington.gov.uk to book the training and/or lessons.



Safer Neighbourhoods Annual Challenge (SNAC): what can you do to make your neighbourhood safer?

The SNAC is an initiative to make Islington safer by involving children and young people in 'challenges' to identify a problem within their local neighbourhoods, suggest solutions and make them work.

Participants simply need to identify the challenge that they want to take on in their local neighbourhood, get themselves into a team, fill out an entry form and get started! Teams can get support and ideas (and a SNAC pack with promotional materials) from www.thesnac.com. They can also apply for a small amount of money to buy things for their project.

Suggested SNAC projects include:

- Neighbourhood improvement – e.g. graffiti cleaning;
- Crime diversion – e.g. an after-school scheme;
- Youth inclusion – e.g. development/improvement of a local youth facility;
- Crime reduction – e.g. a property marketing project;
- Crime awareness – e.g. a campaign to highlight the consequences/dangers of carrying a knife.

...i.e. lot of projects with great PSHE/Citizenship links!

The SNAC runs from January to April and then teams can enter the SNAC competition to win a trophy or cash prize. All entrants will receive an official certificate.



Resources for primary pupils



improving housing through partnership

Homes for Islington – Anti-Social Behaviour Response Team

are offering to deliver a **whole school assembly, followed by a 30-45 minute session for Year 5 or 6.**

Children will consider positive and negative aspects of the areas where they live, be introduced to the work of the Anti-social Behaviour Response Team Officers and learn how to report incidents of anti-social behaviour. To book an assembly and Year 5 or 6 session, please contact Siobhan O'Donnell on 020 7527 4422 or Siobhan.ODonnell@homesforislington.org.uk

Resources for secondary pupils



Islington's young people & alcohol consultation

The planning is well under way for a consultation exercise with year 9 pupils in Islington about their alcohol use and what education and advice they would find useful. We plan to use the findings to plan a series of lessons addressing alcohol issues, with input from a theatre company, for the summer term. Many thanks to Elizabeth Garrett Anderson school for volunteering to pilot the questionnaire and lessons.

The Ofsted 'Tellus' survey reveals that only 53% of year 8 & 10s in Islington think they get good enough advice about alcohol, and 35% say they need better information and advice. Janine will be in touch with schools to try to involve all year 9s in the borough, but if you'd like your school to be involved in planning the consultation or in piloting lessons, please get in touch with Janine (0207 527 5137) Janine.killough.camb-ed@islington.gov.uk



To support the roll-out of the new secondary curriculum, **Regional Subject Advisers (RSAs)** have been appointed for all subjects. In London, our new RSA for PSHE is **Alice Hoyle** (nee. Smith) who is offering to work with schools to support with regards to the new secondary curriculum changes to PSHE. Contact her at alice.t.hoyle@googlemail.com.



Earth Summit

The Earth Summit 2009 was a fabulous interactive conference held 14th January 2009 at the spectacular Arsenal Stadium. Every secondary school in Islington sent a team to learn what the impacts of climate change will really mean for them and work as a team to create a plan to reduce carbon within their schools.

To follow up from this fantastic event to spread the messages about sustainability much wider and to potentially do some great **cross-curricular work** between Citizenship, Geography/Science and pupil participation/student voice, why not follow the example set by Central Foundation Boys school, and think about running a similar event on a 'drop-down' or **enrichment day** at your own school?

To discuss further, get support in planning an event or even to find out who attended from your school, please contact Janine Killough janine.killough.camb-ed@islington.gov.uk or Rohan Knox Rohan.Knox@islington.gov.uk

department for
children, schools and families

DCSF has produced new guidance on financial capability at Key Stages 3 & 4

This guidance is for school senior leaders, subject coordinators, local authority staff and other adults who work with schools who need to understand what financial capability is and how it can be developed. It can be downloaded from the [DCSF website](#)

The New Guide to Relationships and Sex



Are you looking for an engaging resource to help deliver good SRE lessons? If so, this is the DVD for you! Produced using 3D animation throughout, the DVD is presented by two realistic and engaging characters and features a series of video sequences that explore the issues facing young people going through transition in an informative and stimulating way. Complete with subtitles.

The DVD menu covers the following topics;

- Growing up and body changes
- Menstruation and periods
- Masturbation and privacy
- Hygiene
- First dates and petting
- Self examination and privacy
- Sex and attitudes
- Help and advice
- Consent and unwanted sexual advances
- Pregnancy and birth
- Sex, virginity, consent and condoms
- 'Yes' and 'No'
- Gay and straight relationships
- Sexual pleasure and contraception
- Gay sex

Helpfully, you can get a temporary username and password to trial the DVDs (in a fully functional format) from www.lifesupportproductions.co.uk.

There are titles to support both **mainstream** ('The new guide to Relationships and Sex') and **special needs** ('You, Your Body & Sex', 'Jason's Private World' and 'Kylie's Private World'), and are ideal core resources for teaching these challenging subjects to young people.



Let's Get Tested - a new film competition for 15-25 year olds

"Young people represent only 12% of the population, but account for nearly half of all STIs diagnosed in GUM clinics across the UK in 2007... it's especially important that young people know the facts about HIV and sexual health."

With this in mind, sexual health and HIV charity, Terrence Higgins Trust (THT), has launched an exciting new competition called Let's Get Tested. The competition, which closes on **February 28th**, aims to highlight the importance of sexual health by asking young people aged 15 – 25 to make a short film about getting regularly tested for HIV and sexually transmitted infections (STIs). Films can be made by a group of people or individually, using a video camera or a webcam. To be eligible for the competition, films need to be factually accurate, not be offensive, respect copyright laws, and be made by UK residents aged between 15 and 25.

The winner will receive **£2,000** and the opportunity to work with a leading British director or producer to professionally make their film. Glen Wallace who plays Malachy Fisher in Hollyoaks is supporting the competition.

To enter or for more information or to upload your film(!) simply visit www.letsgettested.org.uk or contact Lucy Handford at the THT press office on 020 7812 1623 or email lucy.handford@tht.org.uk. Films will be uploaded onto YouTube at www.youtube.com/letsgettested where visitors to the site can watch and rate them.

HEALTHY EATING UPDATE
SPRING 1 2009



Islington Healthy Schools Programme Healthy Eating courses in the Spring

➤ **CIEH level 2 Award in Food Safety**

Thursday 29th January, 9.30 – 4.30 at Laycock Street

This course, which replaces basic food hygiene certificate, provides adults responsible for teaching practical food education with a good working knowledge of food safety. The government food regulations recommend that all food teachers and staff supporting food education hold this qualification and the exam should be retaken every three years.

➤ **Food Policy Training**

Friday 6th February 9.30 – 12.00 at Laycock Street

For children centres, primary and secondary healthy eating leads and senior managers. This sessions explains the steps that will support schools in developing their policy. Attendees will be given sample policies, a food policy template and food audit tools.

➤ **How to work with parents/carers on healthy packed lunches**

Monday 9th February 9.30 – 3.30

This is a “hands on” practical workshop that will provide guidance and ideas on how to plan and deliver a workshop to parents preparing a healthy lunchbox, including the promotion of healthy eating messages. Attendees will also be given a session plan and guidance on how to use the online packed lunch resource to develop the multi-lingual packed lunch advisory leaflets and carry out school meal audits in school.

➤ **Food policy writing workshop**

Thursday 12th March, 9.30 – 12.00 at Islington City Learning Centre, Highbury New Park, N5 2EG

For children centres, primary and secondary healthy eating leads and senior managers. This session will give attendees the chance to draft their policy using the IT suite following discussions at school and on the basis of their food audit. This course follows on from the food policy training although it is not essential to have attended the session as long as the participant has a completed food audit. This workshop also provides an opportunity to discuss issues that have arisen as a result of consultation and development work in school.

➤ **Primary Food Network Meeting**

Thursday 19th March 4.00 – 6.00, venue tbc.

For primary school staff with an interest in or responsibility for any aspect of food education, cookery and healthy eating. The first of this year’s primary food network meeting will be looking at celebration and festivals. The meeting will also provide an important opportunity to share good practice across Camden & Islington Schools.

For **more information** or to **book a place** on the above courses, contact **Michelle Foster** on 020 7527 2928 or email: Michelle.Foster.camb-ed@islington.gov.uk

Other food related training available

➤ **Food: Their Future Conference**

Wednesday 18th March at Westminster Kingsway College, London

Food education will become a compulsory part of the national curriculum in secondary schools in 2011. This conference explores not only the curriculum but wider issues related to food and young people.

You have to be registered on the Specialist Schools and Academies Trust website before booking onto the conference. To book your place online, please go to the following link, www.licencetocook.org.uk or www.schoolsnetwork.org.uk. The conference delegate fee is £190. If you would like any further information about the conference, please contact either Susie Musgrove (susie.musgrove@ssatrust.org.uk) or Jenny Elms (Jenny.Elms@ssatrust.org.uk).

➤ **Introduction to healthy eating and customer care**

Monday 16th, Tuesday 17th or Wednesday 18th February (please note that candidates need to attend ONE day only). 9.30 – 4.00 at Islington Council Building, 222 Upper Street, N1 1XR.

This course is designed for all employees who are involved with the school meal service, such as meal supervisors, kitchen assistants, school administrative staff and for staff who are interested in nutrition and healthier food. For more information or to attend the course please contact Grace Phillip on 020 7527 5791 or email: grace.phillip@islington.gov.uk. Deadline for response is Friday 23rd January.

➤ **National nutrition education conference**

Saturday 20th June, London, hosted by the British Nutrition Foundation

The conference will be of particular interest to food technology and home economics teachers in secondary schools. With changes at KS3, revised GCSE specifications and the FSA competences all having a greater emphasis on nutrition – this is an ideal opportunity to update your own professional knowledge, as well as learn about new teaching resources.

School Food Trust Update

➤ Can U Big It Up?

Million Meals competition for secondary schools to increase uptake of school meals. With the recent improvements to school food, there's never been a better time for students to start eating delicious, healthy school meals. The "Can U Big It Up?" competition is a great way to get all year 7 pupils involved. All they need to do is design posters that advertise and encourage children to eat school meals. How to enter: Please ensure that all entries are labelled with the following information:

- Name of student
- Name of teacher running the competition in your school
- Name of school
- School address and telephone number

All entries must be received by 31st March 2009-01-16. Please send all entries to:

"Can U Big It Up?", School Food Trust,
Moorfood, Sheffield S1 4PQ.



Water bottles with Islington Healthy Schools Logo (Islington only)

Children have a relatively high requirement for liquids compared to adults. Many children do not drink enough fluids at school and are at risk of dehydration. Dehydration can lead to physical, mental and behavioural changes in pupils. If you would like to promote the consumption of water in your school Islington Healthy Schools can now supply pupils at your school with 300ml (KS1) or 500ml (KS2 – KS4) water bottles at cost price: 300ml bottles at 80p each and 500ml bottles at 85p each

To order bottles contact **Marjon Willers** by Tel: 020 7527 1217 or email: marjon.willers@islingtonpct.nhs.uk



British Heart Foundation

➤ Yoobot

New interactive game available from the British Heart where young people create a new self and find out what the effect is of different lifestyles, available on: www.yoobot.co.uk

➤ Food for Thought

The Food for Thought website is packed with videos, audio and games to inform young people about what is really in their food, available on: <http://food4thought.bhf.org.uk>.



Food a Fact of Life

The www.foodafactoflife.org.uk has been re-launched and now has resources available for the Foundation Stage, and for KS1 – KS4, with activities, worksheets, podcasts, videos and more available to teach food education progressively throughout the school years. For example:

FS: Great green soup session helps children learn about the importance of eating vegetables. The main activity involves the children working together to make a great green soup through which children learn to wash, prepare and cook a selection of vegetable to make a soup which they then taste.

Primary: Meet Jordan and Nicola in the latest interactive activity to teach about Energy balance.

Secondary: Engaging new PowerPoint presentations for the unit 'Energy and Nutrients' will be available to support teachers in the classroom by the end of January. The information has been written to support the curriculum for 11 – 16 years across the UK.



Active Kids Get Cooking all year round!

Active Kids Get Cooking runs an all year round scheme to reward good food work. Register your school on the Active Kids Get Cooking website: www.activekidsgetcooking.org.uk. Once registered you will receive a teachers' guide to help you run food awards with your pupils. When you have completed a food award, mark your pupils against a set of simple criteria and order your fee certificates online.



Grow your own potatoes recruitment

Grow your own potatoes growing kits are still available for primary schools that have not yet registered. To register for a kit, containing FREE seed potatoes and other goodies visit www.potatoesforschools.org.uk or contact: Sue Lawton on 01865 782276.

PHYSICAL ACTIVITY UPDATE SPRING 1 2009

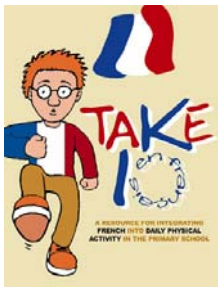


Physical activity (including P.E.) policy training session

6 Feb 1.30 - 3.30p.m. @ Laycock Training Centre

Explore all aspects of physical activity across the extended school day and discuss ways to further increase physical activity at your school across all key stages. See the Islington training brochure for more information:

<http://www.healthyschools.gov.uk/Resources/Detail.aspx?ResId=311>



Take 10 en francais

This resource supports primary school children practise their French in a fun way whilst taking part in short tasks of daily physical activity. In doing so it brings together two major educational initiatives and offers the potential to significantly improve children's learning. *"An exciting resource accessible to teachers with little or no language."*

http://www.deseducation.org/eshop/search_products.asp?eshop=1 – cost £29.00



Recruit Into Coaching

Do any parents/carers, brothers or sisters of pupils fancy becoming a sports coach? Are they over 16 and an Islington resident? The 'Recruit Into Coaching scheme' is looking for Islington residents who have a passion for sport and physical activity. The scheme is free to join and will equip you with invaluable skills to take forward into the New Year. The deadline for applications is the end of January. For further information and to apply, please contact Craig Smith at The

Access to Sports Project on 0207 686 8812 or email craig.smith@aquaterra.org



Free London Mini-Marathon training for young people

Islington Council in partnership with Aquaterra Leisure are offering a great opportunity for free training and participation in the London Mini-Marathon - the last five kilometres of the world famous London Marathon on Sunday 26th April 2009. This offer is open to any 11 to 17 year old who lives or goes to school/college in Islington. Training sessions are taking place at Finsbury Park Athletics Track every Sunday 10:30am - 12:30pm. Squad members will get free transportation to and from the event, a free t-shirt, a goody bag and a medal. If you wish to register please call 0207 686 0802 or contact : Courtney Deutrom

courtney.deutrom@aquaterra.org or Joanne Deutrom joanne.deutrom@aquaterra.org



LONDON HEATHSIDE 5km run @ Finsbury Park, Islington.

Relevant to school staff and wider school community

Sunday 1st March 2009(A.M. start)

Set yourself a personal target and run the short course with friends or family.

For more information go to <http://www.londonheathside.org.uk>

Commemorative T-shirt to all finishers



Mixed Football Prelims for Year 5 and 6's are being held at Market Road between 16th -18th March. On-line submission needs to be completed by 6th March

Primary Food Network Meeting

26th November 2008

Freightliners Farm

Sheringham Road, N7

Present:

Angela Moodie, Cookery and Healthy Eating Consultant, IHSP

Helena Quilty, Vittoria

Mandy Hadfield, Secondary Bridge

Marjon Willers, Specialist Dietitian for Schools, IHSP

Rae Harrison, Clerkenwell Parochial

Rahma Samater, Ethnic Minority Achievement Service (EMAS)

Reba Rahma, Bengali bilingual community officer, EMAS

Sean McCavera, Hungerford Primary School

Theme: Food, festivals and celebrations

Angela welcomed everyone present and explained the theme of the meeting.

Curriculum focus: food, festivals and celebrations - EMAS

Reba and Rahma explained the role of EMAS. EMAS works with clusters of schools based on priorities such as level of FSME. However, schools can invite EMAS for particular events or they are able to link schools together for events. EMAS promotes the awareness of different cultures, cohesion and networking so that everyone can celebrate the different cultures. EMAS also works with parents to educate them, for example Reba has worked with parents around primary school children and fasting at school. Muslim children do not have to fast until they are 15. Primary schools can work with parents so that both parents and children understand that fasting at primary school is not desirable as the school day is very long and tiring, which would be exacerbated by children fasting. It would also make it more difficult for them to concentrate on learning.

EMAS forms a bridge between the school and parents, for example many parents don't know if the school meals are halal or not, don't know the type of food is served and if it is healthy or not.

EMAS also organizes celebrations at school where different cultures come together and bring home cooked dishes and share them: Somali, Turkish, Bengali etc. EMAS has also set up cook together session where parents teach other parents to cook dishes from their culture. These have already been run at Highbury Quadrant, Gillespie, Duncombe and Ambler.

Sharing good practice

Helena Quilty from Vittoria shared her experience with the Let's Get Cooking Club. At the moment it is aimed at year 5 and 6 children but every term it will be another 2 year groups. The club was launched at Winton Primary School where

Pru Leith attended. This can be seen at:
<http://news.bbc.co.uk/1/hi/england/7657105.stm>

Children have been cooking seasonal recipes. At the moment this includes winter vegetable soup, roast vegetables. Many of the children have never tasted these foods before. Parents come in at the end of the session and taste the food as well. The last session parents and children will be cooking together. Vittoria has received a new cooker from Let's Get Cooking.

Sean McCavera told about the gardening club at Hungerford. The vegetables grown get used in the cooking, for example beetroot humus. The gardening and cooking is mostly outside of the curriculum but this is changing. The yearly healthy living week contains a lot of cooking. Each class chooses a country that they are unfamiliar with and cook dishes from that country. Year 2 cooks within the curriculum and Hungerford also has an after school cooking club run by TAs. Sean helps out at the club.

Cooking is also used to support the curriculum. For example making baked potatoes is a good example to show how materials change.

The PTA has also been doing some cooking activities, such as cooking with pumpkins.

Hungerford also has a link with Billingsgate Fish Market outreach team. Children are introduced to a variety of fish and get a lot of hands on experience. Classes also visit Billingsgate.

Rae Harrison from Clerkenwell explained that the Reception class teacher has made links with art and food by asking the children to draw their favourite fruit or vegetable. To help them do so the teacher developed a fruit and vegetable display, which the children could see, touch and draw.

Teaching resources: food / cookery through festivals and celebrations – Pam Dix from Islington Education Library Service

Pam reminded everyone that festivals aren't always linked to healthy foods. Pam had brought a range of resources which she shared with us to provide a taste of the resources available at the Library.

Pam started by reading Jonny Zucker's Apple and honey: a Rosh Hashanah story. The story describes all the symbols of the Jewish New year. Apples dipped in honey are a symbol of sweetness and hope for a good new year. Crumbs are thrown in the water as a symbol of casting off your sins (and making a fresh new start). While the pomegranate seeds represent the many good deeds people hope to carry out in the coming year. These are very food items which would be easy to get in for schools. Many children may not have seen a pomegranate before yet they are beautiful inside and there would be enough seeds for each child to have a taste.

Pam then showed a variety of books on festivals of food, such as Kerena Marchant's Hindu festival book, and Diwali by the same author, as well as

Deborah Heiligman's Celebrate Diwali with sweets, lights and fireworks, to show the range of books which may cover 1 topic. For schools this could also come with artefacts.

Pam proceeded to show a range of artefacts that the Library holds for example on Chinese New Year: 2 Divas in bag, selection of eight different teas in box, blue & white teapot with lid and bamboo handle, Dragon decoration, Hand painted egg, Chinese steamer, Chinese bamboo plate and so on.

Mandy Hadfield shared her experience of doing a Chinese tea tasting lesson at the Bridge secondary where the pupils will look at the different teas, brew the tea and see what happens and then carry out a taste test.

Pam also had a mystery object and showed how a school may do a mystery object session. Hold up the object, don't name it, and ask if anyone knows what it is. Use the child who knows what the object is as the expert.

Helena Quilty mentioned that the Chinese supermarket by 1st bus stop on Shaftesbury Avenue often gives items free to teachers. In Cricklewood there is a very large Supermarket near the Hindu temple that can be used for a school trip.

Pam asked if anyone knew any books on fish. Also the Library is always looking for new resources that people know about and which might be useful for the Library to stock.

For more information visit: www.iels.org

Freightliners Farm offer to school – Liz McAllister, Freightliners Farm

The farm is able to offer a variety of educational tours and visits for different groups such as for excluded young people, vocational training and after school clubs for anyone across Islington. The farm is running a 9 week after school programme specifically for St Mary Magdalene but this could be open to others. A school's visit will generally include a tour including the rare breeds kept at the farm with a discussion on the differences between rare breeds and commercial breeds. The tour can be extended to whatever the school is interested in, such as: sustainability, environment, growing your own food, where food comes from. The farm can also run a food project, which includes a tour of the garden, picking fruit and vegetables and tasting them. The group would also be able to take some of the fruit and vegetables back to complete the project at school. The farm runs an accredited food course (OCL 1) which can be adapted to suit the need of the school. The course would be suitable for pupils 14 years of age and above. The farm could use a similar framework for a longer term project.

The farm also has a clay oven, which can be used for baking. The farm can assist schools in building a clay oven in the playground.

A basic tour costs £1.75 per child. It costs a little more for a programme. In summer the farm may need up to a month's notice, however, in winter they are most likely to be able to accommodate groups.

For more information go to www.freightlinersfarm.org.uk

Food education update – Angela Moodie, Islington Healthy Schools Programme

Angela informed the group about the re-launch of www.foodafactoflife.org.uk, which from January will have education resources for children between the ages of 3 and 16 years.

AM also gave out training dates for next term which includes:

- Food in schools Primary training on 14th January 9.30 – 3.30. This can be attended by 1 teacher and 1 TA per school and Islington Healthy Schools will pay £200 per school to include supply cover and resources. The course aims to increase the confidence and skills of teaching staff in schools. It also looks at the Food Technology curriculum and what is covered in the primary school.
- Food hygiene course on 29th January 9.30 - 4.30. This a level 2 certificated course for all teaching staff involved in teaching practical food education. Schools receive £200 cover and resource costs when attending this course.
- Food policy training on Friday 6th February 9.30 – 12.00. This training explores what a food policy is and provides each school with 8 steps on how to write a food policy. Schools receive £100 cover and resource costs when attending this course.
- Packed lunch workshop on 9th February 9.30 – 3.30. This course provides teaching staff with the resources and information to run healthier packed lunch workshops for parents. Schools receive £200 cover and resource costs when attending this course.
- Food policy writing workshop on 12th March 9.30 – 12.00. This course provides an opportunity to write a draft food policy with support from Healthy School staff. Schools receive £100 cover and resource costs when attending this course.
- Primary Food Network Meeting 19th March 4pm– 6pm. This meeting will focus on food / cooking within the science curriculum but will also provides an opportunity for networking and sharing good practice.

Please refer to Islington Healthy Schools training brochure for more information. To book on a course please contact Michelle Foster on 020 7527 2928 or email: Michelle.Foster.camb-ed@islington.gov.uk