

# FREE Training & Food for Life Events

## November 2016 to March 2017

**Food for Life** has been commissioned by the Public Health team at Leicestershire County Council, working across the county we are linking schools, ideas and experience from the wealth that now exists in our county.

This training continues to be free, curriculum-linked training to support schools in transforming food culture. Aimed at teaching and support staff, these popular sessions support **curriculum cooking, gardening & making farm links**. They are designed to inform long term planning and underpin the proposed changes to the Ofsted Common Inspection Framework (Sept 2015) in relation to *How children keep themselves healthy, including healthy eating*.

### Food Fortnight 31<sup>st</sup> -11<sup>th</sup> November

**School Meals Week 31<sup>st</sup> - 4<sup>th</sup> November. This includes National Roast Dinner Day.** Download free Roast Dinner Day resources or learn about our Roast Dinner Day competition. To find out more, go to [www.foodforlife.org.uk](http://www.foodforlife.org.uk)

<p><b>Cooking for a Christmas</b></p> <p><b>Thursday 3<sup>rd</sup> November</b></p> <p><b>3.30pm - 5.30pm</b></p>	<p>The course will give ideas on how to prepare for a Christmas Market, make festive products linked with curriculum cooking and growing to support wider school enterprise projects. The practical cooking session will include discussion about the preparation and setting up of a cooking activity with reference to health and safety, as well as classroom management and organisation.</p> <p><b>At the Brite Centre Braunstone Avenue, Leicester LE3 1LE.</b></p>
<p><b>Ideas Factory</b></p> <p><b>Friday 4<sup>th</sup> November</b></p> <p><b>3.30pm - 5.30pm</b></p>	<p>This twilight session gives teachers and support staff the chance to get together informally after school and share ideas about positive food culture in their schools. The sessions have been designed to help you deliver Food for Life and build networks beyond your school. Delegates will also get the opportunity to explore a range of Food for Life resources and will be treated to a <b>delicious afternoon tea</b>.</p> <p><b>At Whetstone Pastures Whetstone Gorse Lane, Whetstone. Directions at <a href="http://bit.ly/2c52GZu">http://bit.ly/2c52GZu</a></b></p>
<p><b>Cooking Confidently in school.</b></p> <p><b>Monday 7<sup>th</sup> November</b></p> <p><b>3.30pm - 5.30pm</b></p>	<p>How to meet the new compulsory <i>Primary Cooking and Nutrition specification</i> and also make relevant curriculum links to other primary subjects, including maths, literacy, science and history. You will have an opportunity to try out practical skills that can be transferred into the classroom, such as the safe use of sharp knives.</p> <p><b>At the Brite Centre Braunstone Avenue, Leicester LE3 1LE.</b></p>
<p><b>Cooking Confidently in school.</b></p> <p><b>Tuesday 8<sup>th</sup> November</b></p> <p><b>3.30pm - 5.30pm</b></p>	<p>How to meet the new compulsory <i>Primary Cooking and Nutrition specification</i> and also make relevant curriculum links to other primary subjects, including maths, literacy, science and history. You will have an opportunity to try out practical skills that can be transferred into the classroom, such as the safe use of sharp knives.</p> <p><b>At Roots Farm at Thorpe Farm, Barkby Thorpe, Leicester. LE7 3QE.</b></p>

<p><b>Ideas Factory</b> <b>Wednesday 16<sup>th</sup> November</b> <b>3.30pm - 5.30pm</b></p>	<p>This twilight session gives teachers and support staff the chance to get together informally after school and share ideas about positive food culture in their schools. The sessions have been designed to help you deliver Food for Life and build networks beyond your school. Delegates will also get the opportunity to explore a range of Food for Life resources and will be treated to a <b>delicious afternoon tea</b>.</p> <p><b>Cattows Farm, Sweystone Rd, Heather LE67 2RF.</b></p>
<p><b>Plot to Pot; Planning for the Spring</b> <b>Tuesday 29<sup>th</sup> November</b> <b>9.30am - 3.30pm</b></p>	<p>Create an action plan for growing for the spring term and produce a cropping plan for your own site. Develop links with the school Kitchen. Understand how to set up and maintain a compost heap and linking this with the kitchen and in school.</p> <p><b>At Fullhurst College. Imperial Avenue, Leicester. LE3 1AH</b></p>
<p><b>Ideas Factory</b> <b>Thursday 1<sup>st</sup> December</b> <b>3.30pm - 5.30pm</b></p>	<p>This twilight session gives teachers and support staff the chance to get together informally after school and share ideas about positive food culture in their schools. The sessions have been designed to help you deliver Food for Life and build networks beyond your school. Delegates will also get the opportunity to explore a range of Food for Life resources and will be treated to a <b>delicious festive tea</b>.</p> <p><b>Oakley Grange Farm Café, Shepshed Road, Hathern, Leicestershire, LE12 5LL</b></p>
<p><b>In-House Cooks Network Meeting</b> <b>22<sup>nd</sup> November 2016 and 7<sup>th</sup> February 2017</b> <b>Both sessions</b> <b>2pm - 4pm.</b></p>	<p><b>These informal meetings will be an opportunity for open discussion and networking with fellow school cooks and catering managers.</b></p> <p>Hosted by the Food for Life team we will be exploring the following areas.</p> <ul style="list-style-type: none"> <li>• <b>Menus</b> – Sharing best practice and what works well.</li> <li>• <b>Recipes</b> – We will aim to produce a Leicestershire Schools cookbook.</li> <li>• <b>Training</b> – What skills would we like to develop? Can we arrange it as a group?</li> <li>• <b>Suppliers</b> – We can talk about bargains, customer service, what we struggle to get hold of and how we can work together to improve things.</li> </ul> <p><b>At Roots Farm at Thorpe Farm, Barkby Thorpe, Leicester. LE7 3QE. Includes a delicious afternoon tea.</b></p>
<p><b>Ideas Factory</b> <b>Wednesday 8<sup>th</sup> February</b> <b>3.30pm - 5.30pm</b></p>	<p>This twilight session gives teachers and support staff the chance to get together informally after school and share ideas about positive food culture in their schools. The sessions have been designed to help you deliver Food for Life and build networks beyond your school. Delegates will also get the opportunity to explore a range of Food for Life resources and will be treated to a <b>delicious afternoon tea</b>.</p> <p><b>At Roots Farm at Thorpe Farm, Barkby Thorpe, Leicester. LE7 3QE.</b> <b>Includes a delicious afternoon tea.</b></p>
<p><b>Ideas Factory</b> <b>9<sup>th</sup> February</b> <b>3.30pm - 5.30pm</b></p>	<p>This twilight session gives teachers and support staff the chance to get together informally after school and share ideas about positive food culture in their schools. The sessions have been designed to help you deliver Food for Life and build networks beyond your school. Delegates will also get the opportunity to explore a range of Food for Life resources and will be treated to a <b>delicious afternoon tea</b>.</p> <p><b>At Cotesbach Educational Trust, Main Street, Cotesbach, Lutterworth, LE17 4HX.</b> <b>Includes a delicious afternoon tea.</b></p>

<p><b>Growing for a School Farmers Market</b></p> <p><b>Monday 20<sup>th</sup> February.</b></p> <p><b>9.30am -3.30pm</b></p>	<p>This course will equip you with the knowledge you need to start organic food growing in your school, using 'own-grown' produce as a means to supply your School Farmers Market. You will plan what you need to grow and get ideas for how you can tie this in with enterprise activities along the way to raise funds for your market.</p> <p><b>Brocks Hill Country Park and Centre, Washbrook Lane, Oadby, Leicester, LE2 5JJ</b></p>
<p><b>Farm Links and Keeping Chickens in school</b></p> <p><b>Wednesday 1<sup>st</sup> March 2017</b></p> <p><b>9.30am - 3.30pm</b></p>	<p>This one day training is an exciting farm-based training day to explore the links between food and farming and the curriculum, and to help bring your curriculum to life with practical classroom and farm-based activities. There will be opportunities to learn about the practicalities of setting up a farm link and time to plan farm visits into your curriculum. During this day we will also explore the practicalities of keeping chickens at school. Roots Farm currently have chickens on site and so you will see in practical terms what this entails. <b>At Roots Farm at Thorpe Farm, Barkby Thorpe, Leicester. LE7 3QE.</b></p>
<p><b>Grandparents Gardening Week.</b> Week commencing 27<sup>th</sup> March. Put the date in your diaries, more details to follow.</p>	

For any further information please contact: **Raksha Mistry: Leicestershire Programme Manager**

tel: 07980 225 154 or email [rmistry@soilassociation.org](mailto:rmistry@soilassociation.org)

## HOW TO REGISTER FOR FREE EVENTS AND TRAINING

Registering your attendance couldn't be easier. Here are our simple steps:

1. Speak to your school's Food for Life lead for the email address and password.
2. Visit your online Food for Life portal at <http://www.foodforlife.org.uk/signin> and log in
3. If you have not signed up to Food for Life, in Leicestershire you can sign up for free through our [website](#).
4. Once on your portal go to your **Events** page and filter events by region, all Leicestershire events will be listed under East Midlands.



5. Click on the training or event that you would like to attend and check the details and description
6. Register your details and submit.