

Please ask for: Stephanie Dunkley, Public Health
Direct Line: (0116) 454 2033
Our Ref: S/PH/themes/healthy weight/Leicester Food Plan
Date: 3 September 2015

Dear Head teacher

Soil Association Food for Life

We're contacting you to offer you the chance to take part in a free healthy living programme that has been locally funded as part of our work to improve children's health. The programme- **Food for Life**- has been successfully run in a number of schools locally and we are now identifying a further group of schools who would like to take part.

From September 2015 Ofsted inspectors will look for *'evidence of a culture or ethos of exercise and healthy eating throughout their entire inspection visit, in classrooms as well as in the school canteen'*. Inspectors will also look at the *'breadth and balance of the curriculum, of which practical cookery is now a part'*.¹ This programme has been designed to fit with this requirement.

Soil Association Food for Life's success is based on its 'whole school approach'; the framework that guides the development of a healthy food culture in schools via its bronze, silver and gold award scheme. Endorsed by the head teacher, the approach is written into the school development plan, and permeates the whole school experience, empowering pupils and encouraging teachers, cooks, caterers, parents and governors to work together to transform food culture.

It provides tailored support to schools that includes resources, free teacher training, supports cooking in the curriculum, food growing in school, how to conduct farm visits and improve the dining room experience. The programme is designed to be flexible so your school can approach the programme in the way that works best for you.

Further information is attached to this letter. You can go directly to the Food for Life website to enrol your school www.foodforlife.org.uk or if you would like to hear more about the programme contact Lisa Didier on ldidier@soilassociation.org or 07718 570945.

Food for Life has been running for several years in Nottingham, and the following quote is from a headteacher at one of the inner City community schools:

Terry Smith, head teacher at Greenfields Community School, rated 'Outstanding' at Ofsted, said,

"Having been involved with Food for Life for some years, and as a silver FFL school, we have found the project framework to be absolutely invaluable, supporting us in developing the curriculum to include gardening, cooking and outside education.

We are fully committed to continuing our journey to Gold and hope to inspire other schools to do the same!"

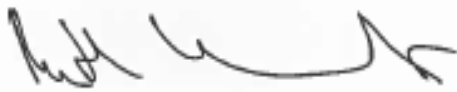
¹ <http://www.schoolfoodplan.com/wp-content/uploads/2015/02/APPG-School-Food-Letter.pdf>

The Leicester Food Plan² includes several related **free** projects that can help you from the start of the school term and over the next two years, in providing support and expertise around a healthy and sustainable food agenda.

As well as helping schools meet the Ofsted requirements, your school will also be part of helping Leicester tackle the following challenges as identified in the Leicester Food Plan:

- Unacceptable levels of food poverty
- Health challenges including high rates of diabetes and heart disease
- Unemployment – and the potential for job creation in the food and drink sector
- Environmental impacts of food production, transport and wastage

Yours sincerely



Ruth Tennant
Director of Public Health



Frances Craven
Strategic Director of Children's Services

² <http://www.leicester.gov.uk/foodplan>

Food for Life

Since our launch in 2007, Food for Life has been bringing its externally validated programme to schools across the country. Thousands of schools are engaged with us, following our flexible 'change framework' to suit their individual circumstances and priorities, and progressing through our award scheme.

Now your school can take advantage of a free package of support thanks to a two-year commission from Leicester City Council's Public Health Team.



What's on offer?

- One-to-one support tailored to your school and its priorities.
- Flexible teaching resources.
- Skills-based training days for teachers, school cooks, midday supervisors and your local community in:
 - Cooking in the curriculum
 - Growing in school
 - Outdoor learning
 - Whole school approach
 - Dining environment
 - Pupil voice

Food for Life can:

- Assist in training to deliver core National Curriculum subjects through food education.
- **Raise attainment** and support school improvement targets and local action plans.
- Increase meal take up and impact on the **health and wellbeing** of your school community.
- Assist with the new **Ofsted Inspection Framework**. Evidence of a culture or ethos of healthy eating from the classrooms to the school canteen.

Get in touch to find out how we can work with you.

Your local contact is **Lisa Didier**, ldidier@soilassociation.org T: 07718570945

www.foodforlife.org.uk