Dear Parent / Guardian

This year the students at Glen Innes Public School will continue to learn about growing, harvesting and preparing fresh food by participating in our Kitchen Garden / Cooking program called “Grow it! Cook it! Eat it!”

The program involves children working in a productive garden at school, harvesting the food and then cooking it, before sitting down together to taste and enjoy what they have made.

Children learn best by getting involved and through positive examples. By teaching our children about growing, preparing and sharing healthy food, this program aims to develop life-long healthy eating habits.

The program is funded from voluntary school contributions and some other donations. There will be no direct cost to parents for participation in the program.

This term the students in Stage 2 will be participating in the program. The garden infrastructure is in place and students across the school have been actively planting seeds. The food preparation lessons will be held on Thursdays and each class will participate in three cooking activities.

For safety reasons, students will need to wear their covered in school shoes and if they have long hair it will need to be tied and clipped back off their faces. An apron will be provided to help protect their uniforms.

The “Grow it! Cook it! Eat it!” program is a new and exciting initiative for our students and focuses on practical ways of getting children involved and developing healthy habits for life. It fits within the Health and Personal Development section of the syllabus as well as covering some aspects of the Science program.

Mrs Rachel Young is a fully qualified caterer with a great deal of experience. We are very fortunate to have someone with her expertise at the school to fulfil the role as the cooking instructor.

Mrs Newberry will continue to operate the garden program. Mrs McKean will be the co-ordinating teacher.

The school has purchased a range of age appropriate cooking equipment to support the program. Children will not be involved in using unsuitable implements.
As usual with such activities we ask parents to provide us with any relevant information to assist in our planning. Some children have allergies to food and this is very important for us to know for the planning of the cooking lessons. We ask you to complete the following note and return it to school as soon as possible. Please note we don’t need to know which foods they prefer to eat only the actual allergies.

If you have any further queries on this great project please contact Mrs Toms directly.

Judi Toms
Principal (A)

Nicole McKean
Kitchen Garden/Cooking Co-ordinator

GLEN INNES PUBLIC SCHOOL – COOKING PERMISSION NOTE

My child ___________________________ Class________________.

☐ has no allergies to food that I am aware of.
☐ is allergic to the following foods ………………………………………………………………………,
  and if eaten will react in the following manner ……………………………………………………….

Signed: …………………………………………………….  Date: ……………………….
  Parent / Caregiver