

St Mary’s Church of England Primary School

an academy in the Good Shepherd Trust

Petworth Road, Chiddingfold, Surrey, GU8 4UF

Headteacher: Mrs Sheila Buckley

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2 February 2023

Respect, Wisdom, Hope, Community

Dear Parents/Carers

Last week your children participated in a session organised by Adopt a School Programme that was delivered by a chef, John McManus, who has worked at many top restaurants including, Gravetye Manor, Connaught Hotel Mayfair and Ashdown Park Hotel and Country Club, to name just a few.

The idea behind the programme is that every child learns about food in a holistic sense and has the confidence to eat well, be healthy and happy. It helps children to develop positive eating habits and encourages an enthusiasm and interest in food and cooking. This ties in nicely with our next term Science topic, which focuses on Healthy Eating.

Our first session was “taste and sensory” session: the foundation for the subsequent sessions.   
It was designed to teach the children how to appreciate food. The children used their 5 senses to experience the 5 main tastes i.e. bitter, sour, sweet, salty and umami using a variety of sample food.

The cost of the programme will be **£7.87** per child, which includes three more sessions with the chef:

* The“knife skills” session: This session focuses on knife skills and is designed to teach the children how to prepare food, learn more about food provenance, hygiene and healthy eating.
* The“bread-making” session: This session involves the children making bread from scratch. They will then put the dough in a container and will be given instructions so they can bake the bread at home and enjoy it with their families.
* The“front of house” session: This is an interactive session covering everything from personal hygiene, body language and the role of front of house in a restaurant through to table setting and role play.

Each student will be given a role: meeting and greeting, serving the water, serving the bread, reading the menu out, taking an order and managing the service.

We invite you to make a voluntary contribution towards these sessions, which can be paid online in Scopay by Monday 20th February 2023. If you are unable to contribute for any reason, please speak to Mrs Sheila Buckley in confidence. If we do not receive enough contributions, we will inevitably have to cancel.

Please note that payment in Scopay will act as your consent for your child to participate.

Kind regards



Mrs Aga Ryder

Class Teacher