



# Project Review 2021-22

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# Girls' Football Tournament

**This year's tournament was a resounding success, with eighteen schools competing and Our Lady of Walsingham Catholic Primary School walking away with the trophy!**

The 7-a-side tournament was held at Anfield Sports & Community Centre and the matches were facilitated by staff from the LFC Foundation, the club's charitable organisation. The Food For Thought team provided a free barbecue lunch, which was enjoyed by pupils and staff.

The tournament will run again in July 2023, but this time the girls participating will need to be from either Year 5 or Year 6. Previously, we've allowed pupils aged 7-11 years of age in each team, but recent feedback from schools, about lack of parity, has led us to change this for future tournaments. If your school would be interested in entering a team for the 2023 tournament, please contact Jimmy.





# Bouldering Competition

**Following on from the introduction of bouldering to the 2021 Tokyo Olympics, we held our inaugural indoor climbing competition in October of last year at The Climbing Hangar in Speke.**

Food For Thought primary schools entered mixed teams who climbed walls without the use of ropes. Our colleagues at The Climbing Hangar ensured all the pupils were safe and the children absolutely loved it! We may have discovered some champions of the future already. Blessed Sacrament Catholic Primary School were victorious, and they'll hopefully return to defend their title this autumn.





## School Poetry Competition

**In May 2021 we ran a successful poetry competition for all Key Stage 2 pupils in Food For Thought member schools. It was our first year running the competition and, despite lockdown, we had a great response. Due to high levels of interest in 2022 we limited the entries to 30 per school.**

The standard of entry was extremely high, with judge Roger McGough (presenter of BBC Radio 4's 'Poetry Please') awarding Phoebe Batchelor, from Gilmour Junior School, first prize for her poem 'I Stand Alone'. Phoebe was presented with her prize of a Lenovo Touchscreen Chromebook by Area Manager, Simon Formby.

This competition, for Key Stage 2 pupils only, is growing in popularity and we will be contacting all English leads early in 2023 to encourage as many Food For Thought schools as possible to enter.



# Everton Park Nature Garden

In the academic year 2018-19 Food For Thought became a provider of the John Muir Award in Liverpool, facilitating sessions with its schools at Liverpool YMCA's Dutch Farm in Garston. Following the pandemic, in August 2021 we recruited Máire Barron as our Outdoor Learning Instructor, to re-introduce the award to the schools we work with. We also secured the use of Everton Park Nature Garden (L5 3PE), where Máire now facilitates outdoor education sessions each morning and afternoon.

The award focuses on discovering a wild space, exploring it, doing something to conserve it and then sharing the news of the work that's been done, with other people. It's suitable for all children and young people aged 7+ years, but we've found that schools find it extremely beneficial for pupils who might participate in nurture groups. This is a non-academic award and really encourages pupils to relax, connect with the natural environment and learn informally.

From September 2022 we will be recruiting schools for the award programme and the commitment required would be for the same group of 12-15 pupils to attend the Nature Garden one morning or afternoon per fortnight for the duration of the academic year. **The cost will be £25 per visit (which covers all the pupils).** Please contact Jimmy to find out more details and to enquire about availability for your school.

- "This was a fantastic opportunity for all involved. Throughout the programme the children have gained so much: knowledge, confidence and appreciation of nature".
- "This has been run excellently by Máire. Her knowledge and way with the children is very professional and also makes it fun to learn. I enjoyed the team spirit and watching children making new friendships with children from other year groups".
- "I enjoyed the activities and all of the teamwork".
- "What number does going to the gardens make you on the ROAR Rainbow? – It makes me a ten because it's peaceful and relaxing".
- "Máire has led and listened to what the children need in order to get the best from them".
- "It's a very fun adventure. You get to do lots of jobs and you learn to help nature grow. Miss Barron was very nice".



# John Muir Award Event

**In the academic year 2021-22 Máire worked with pupils from Food For Thought schools, guiding them through the John Muir Award activities. In July we held an event in Everton Park Nature Garden to celebrate their achievements. The children participated in five different outdoor workshops that day (mindfulness, bushcraft x 2, yoga and beatboxing) and chefs from Food For Thought provided a barbecue lunch.**

Assistant Mayor of Liverpool, Jane Corbett, presented the children who'd completed their John Muir Award with their certificates. The day was enjoyed by all and was a fitting reward for all the pupils' hard work and enthusiasm throughout the year.

- "The barbecue was amazing, staff and children enjoyed the delicious burgers and hot dogs; the crispy onions were out of this world. There were a wide variety of fruits and desserts; unlimited juice and hot drinks; fully enjoyed by all".
- "The food and drink provided at lunch was simply delicious! It was a real treat for everybody and the children loved it!
- "They had so many options and there was even an option for a child in the group who was vegan. The men serving the food (Simon and Neil) were so friendly and helpful towards the children."
- "The selection of cakes and fruit was fabulous- thank you!"
- "I was also asked if I wanted a cup of

tea and this was no trouble for the man making it... I really appreciated this".

- "This was a perfect day from start to finish! The children loved every minute of it!
- To quote Sonny from year 2 "This was the best day of my life"
- Harry year 3 "I don't want this day to end"
- Elise "I wish we could come again to this next week"
- "It was a very well organised day with great activities. The children and staff really enjoyed attending and didn't want the day to end!
- "When the children arrived back in school they couldn't wait to tell their friends all about the day. All the other children in school said they wish they could have attended the day!
- "I would like to thank everybody for all of their hard work- it paid off as the day couldn't have gone better - Well done!".



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# Yoga Bears

Elly from Yoga Bears facilitated yoga sessions for us at a recent event in Everton Park Nature Garden. Once again, we received excellent feedback from pupils and staff. We are offering all Food For Thought member schools a free half-day session with Yoga Bears, so please contact Jimmy if you haven't already taken up this opportunity and would like to.

**"Elly was very good with the children, the children felt calm during the yoga session. Some weren't too keen with some of the poses, but Elly was very patient and happy for them to just watch; this made them feel at ease".**

**"It was peaceful and calming, just like the mindfulness; a few of us fell asleep at the end".**

**"Our group was huge but Elly had the children chilled and engaging in no time".**



# School Cookery Lessons



In August of 2021 we recruited Steven Renshaw as our School-Based Cookery Instructor. Steven has introduced a programme whereby he works with schools for a morning or afternoon each week for 6 weeks. During this time, he'll help pupils expand their knowledge and experience of preparing, cooking and tasting different foods.

Some schools have been pleasantly surprised by Steven's ability to succeed when encouraging pupils to taste foods they wouldn't normally try and tackle tasks they'd normally shy away from. The emphasis in his sessions is on making food fun and interesting and feedback from pupils and staff speaks for itself:

**"Hi Steven**

I would like to take this opportunity to thank you for all your hard work and enthusiasm during the cookery sessions with our children this past half term. Your patience and understanding towards our children has been second to none. Our children have enjoyed all your sessions, as you have made them all feel special and given them confidence and raised their self-esteem greatly.

Our children are extremely challenging and have many complex needs. I have to say your approach was amazing with them all from start to finish. Your organisation and planning was outstanding and this resulted in the smooth running of sessions each week".

Steven's sessions cost **£2.50** per child per session, which covers ingredients and overheads associated with the project. If you'd like to find out more about Steven's work, please contact Jimmy Holland.

# The Mike Carden Health & Wellbeing Grants Programme

**As many of you reading this leaflet will know, our company founder, ex-boss and good friend, Mike Carden, sadly passed on in December 2021. In acknowledgement of Mike's unwavering commitment to Food For Thought and the children and young people of Liverpool, we have now named the grants programme in his memory. We have also invited one of his sons, John, to join the panel who will review and evaluate applications in the next round, which will launch in October 2022.**

The Grants Programme is open to all Food For Thought member schools. In 2021 Schools were invited to apply for grants that could enhance the physical, emotional or spiritual wellbeing of pupils and staff. We received some excellent applications, that covered a range of ideas, and the panel awarded grants varying from £500 to £3,000.

One school, St Anne's Catholic Primary School (L7), received a grant for "children to attend Shy Lowen, the local pony sanctuary, for groups of children who need positive wellbeing experiences and support with a variety of barriers to learning".



In June 2022, Jimmy met staff and children from St Anne's at Shy Lowen, to find out more about how the pupils benefitted from the sessions. It was a worthwhile visit and actually a very moving experience, observing the interaction between the children and the horses. A day after the visit he received the following message from Angie, one of the Learning Mentors from the school:

"Hi Jimmy

We are glad that you enjoyed your time at Shy Lowen on Tuesday. It really is a special place and our pupils love going there. They get to choose a horse, and when they hear the horse's back story of neglect/harm, the children immediately want to show love and care for them. All of the horses we are with are gentle and kind and as Shy Lowen say 'Horses Fix Kids and Kids Fix Horses' - we have seen evidence of this!

Some of our children have never seen a horse, so to get to care for and ride one is amazing. Our pupils learn skills at Shy Lowen that will stay with them forever. Bernie (the owner of Shy Lowen) is a star. Her knowledge and passion shines from her. Our children love her in the same way they love the horses and ponies. She truly is one of a kind." Angie's words perfectly sum up Shy Lowen pony sanctuary and highlight the impact the grant has had on the children of St Anne's C.P. School.





For additional information regarding any of the projects in this leaflet please contact:

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Activity	Date	Price
John Muir Award	Ongoing	£25 for 15 pupils, per session
The Mike Carden Health & Wellbeing Grants Programme	October 2022	N/A
Bouldering Competition	November 2022	FREE
School Poetry Competition	April 2023	FREE
Girls' Football Tournament	July 2023	FREE
Yoga Bears	Ongoing	Contact Jimmy
School Cookery Lessons	Ongoing	£2.50 per pupil, per session

Partnerships:



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