



Food for Life

Since the summer term last year, North Manchester High School for Girls have been working with Food for Life to find out more about where their food comes from, what to do with it, and how to make it fresher, healthier and more sustainable. To kick start the project, the school received a visit from the Food for Life Cooking Bus. Hannah Girvan, Eco Coordinator, said "The students boarded the bus and learnt to cook foods which used locally grown, organic produce including pea pates and apple crumble".

With the help of Food for Life the students then designed and planned an organic garden for the school. Food for Life provided money for seeds, soil and equipment to get the garden started, and are also funding a new poly-tunnel. In the autumn term, the students held a harvest festival and invited parents and pupils to share their produce including carrots, beetroot, corn and marrows. The Eco-Girls team are growing strawberries, peppers, courgettes, sunflowers, carrots, parsnips, corn and peas, which they look after during gardening club on Thursday afternoons, and water during break times. The school plans to introduce the produce into the school canteen. "We grow nice veg and we are saving money for the school," said Kelsey Dumville from year 7.



The garden space is used in many lessons too, including Technology, Art and Geography where the pupils look at different plant and animal species in their garden and pond. For example, Year 7 were comparing their pond creatures to those in a rainforest. One student, Yasmine Kallel, explained, "We have amazing creatures including frogs and tadpoles."

As well as growing food and embracing learning outside the classroom, they have involved the local community in the

project and hosted a seminar for other schools in the area, all as a part of their role as a flagship school. The seminar focused around food and health with students sharing their knowledge and understanding of healthy eating. The students also presented their experience of Food for Life at the Manchester Eco Schools Forum in November 2008.

The food journey doesn't stop there as the school continues to take the students' learning further. "There is hopefully a trip planned for visiting the Eden Project, and we will stay in a nearby organic farm", explained Hannah Girvan – an opportunity not to be missed.

For more information and resources, or to get your school involved with Food for Life, visit www.foodforlife.org.uk or contact them on 0117 314 5180.



Calling all Manchester Eco School Coordinators You are invited to come along for an Eco Schools afternoon to share and learn from each other. It will be held on 2nd July at Cedar Mount High School. There will be a session for Primary schools and one aimed specifically at Secondary schools, with time to consider the 9 topics, the Sustainable Schools agenda, and a Green Flag folder. Those schools involved in CABE's Green Day activities will also be able to share their experiences. For further details and to book a place please contact Louise and Raichael at office@meen.org.uk or call 0161 273 8881.

Thanks to Hannah Girvan, Nicola Parkinson, Beth Creedon, Josh Steiner, Christine Raiswell, and Louise McErlain for contributing to this addition of Beehive.

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The Big Lunch

The Big Lunch is a campaign from the Eden Project to get people together to grow, make and eat while talking to and having fun with people in the community. Anyone can organise the lunch but it's a great opportunity to get your community along to your school and use all those lovely vegetables you've been growing in your school garden.

Visit www.thebiglunch.com to register your lunch if you are hosting one, or see if there is already one happening near you. There are tips and resources on there to help you with recipes, growing and planning the event. The Big Lunch takes place on Sunday 19th July but be flexible - it could be a great end of term celebration.

Eco Challenge

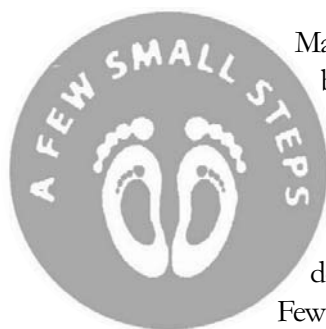
The Eco Challenge is a three year project offering KS3 pupils the opportunity to experience and enjoy the natural environment. It consists of a 3 night residential trip, for up to 30 KS3 pupils, to a Field Studies Centre, followed by 3 post-course sessions, with a local organisation, at school or in the local area. The FSC fund the trip and post course sessions, and offer support in helping

apply newly learned skills for the benefit of all the community.

There are still places for Manchester schools to take part in the Eco Challenge. To register, contact Jen Maywhort, 015395 38123 or jen.ch@field-studies-council.org, who will give you log in details to access the site and book your course.

www.fsc-eco-challenge.org

A Few Small Steps Sustainability mentoring programme



Manchester-based charity, Action for Sustainable Living, have developed 'A Few Small Steps', a whole school programme helping schools engage with the DCSF's Sustainable Schools framework. The programme aims to help schools save money on energy and water bills, improve Ofsted

and SEF reporting, deliver the National Curriculum across a range of subjects, encourage social responsibility and global citizenship and develop teamwork, consultation and decision making skills.

The programme has been highly recommended by participating schools.

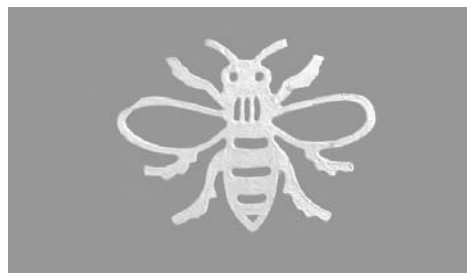
For information, or to get involved, contact Josh Steiner on 0161 227 0377 or email schools@afsl.org.uk

Green Day

Schools across Manchester will be holding a Green Day for one day during the fortnight following World Environment Day on 5th June. Green Day is an activity packed day about climate change and the built environment. It is about making primary and secondary schools more sustainable places through whole school activities and cross-curricular learning. To support schools with this, CABE have produced a climate change activity kit containing activity ideas to include climate change and sustainability in the curriculum. This can be ordered for free or downloaded on the website.

To find out more visit www.cabe.org.uk/greenday or contact Di Sakalas on 0161 953 2761.

Bee Conservation



As you probably know, bees pollinate flowers, vegetables and crops. In fact, a third of the food produced in the UK relies on this pollination. Recently, the bee population has dramatically decreased in number. In 2008 33% of UK honeybee hives were lost. No-one is quite sure what is causing this decline but if it continues it will have a heavy impact on the food we eat. Luckily there are things you can do to help! As well as growing lots of lovely fruit and veg in your school gardens, you can encourage all sorts of bees to the area by planting bee-friendly flowers and providing a safe habitat for them.

Visit www.bumblebeeconservation.org for more information or sign up to the Co-operatives Plan Bee campaign to see what you can do.

Multicultural menus for Manchester Schools

Trinity High School and St Brigid's, Claremont and St Mary's primaries, worked with Manchester Fayre to try to integrate multicultural food into their school menus. Engaging with local communities they identified authentic recipes that children would be familiar with, if introduced as school meals.

A wide variety of recipes were tried and tested at lunch times with

pupils, and after school with parents. Challenges were met with developing the dishes, in terms of ensuring the food tasted authentic, whilst also meeting nutritional standards. The project also provided an excellent opportunity to incorporate more fruits and vegetables into dishes and to also introduce new oily fish dishes, in line with current school lunch legislation.

Once developed, the recipes were incorporated into the mainstream school menu and also used in support of cultural theme days held in schools, for example Caribbean day. For more information about Manchester Fayre school meals, visit www.myschoollunch.co.uk/manchester

Let's get Cooking!

Ashbury Meadow Primary school are one of a number of Manchester schools involved in the Let's get Cooking programme. Manchester Fayre staff have regularly given cookery classes to parents in the school kitchen, whilst adults from the Childrens' Centre have helped children learn to prepare food in the hall.

Once confident enough they hold a community event: at Ashbury Meadow they held a Chinese New Year celebration and a Bollywood Night. For the Bollywood Night they prepared curries, bhajis and samosas for an Indian feast; they decorated the hall and hired belly dancers to create the Bollywood experience!

The programme has proved extremely popular and has enabled people to learn about cooking food from around the world in a fun and sociable way.

One of the successful recipes developed from Somali culture:

Chickpeas in Cumin & Vegetable Sauce

Ingredients

Chickpeas, drained	150g
Oil	1 tbsp
Garlic	1 clove, crushed
Onion, chopped	1 medium
Vinegar	1 tsp
Lemon juice	1 tbsp
Tinned chopped tomatoes	1/3 can
Carrot, chopped	1
Celery, chopped	1 stick
Red pepper, chopped	1/4
Tomato puree	1 tbsp
Chilli powder	1/2 tsp
Cumin	1 tsp
Cayenne	Pinch
Mint, chopped	1/2 tbsp
Cornflour for thickening	
Seasoning	

Method

- 1 Prepare and chop the onion and celery, heat the oil and cook together with the chilli, cumin, cayenne and garlic until softened.
- 2 Add the remaining ingredients except the pepper and mint, bring to the boils and simmer for 15-20 minutes.
- 3 Add the pepper and heat through.
- 4 Adjust the consistency and seasoning. Add the chopped mint just before serving.

Food and Drink; Doorway 1 of Sustainable Schools

“By 2020 the DCSF is recommending that all schools be model suppliers of healthy, local and sustainable food and drink, showing strong commitments to the environment, social responsibility and animal welfare in their food and drink provision, and maximising their use of local suppliers.”

Opportunities to engage with food in Manchester

There are a number of local organisations that can provide support, advice and ideas to schools who want to run food based activities such as cooking, growing and food access projects.

- **Sustainable food projects** – If you would like to change food culture in your schools and engage both staff and students in exploring where food comes from, growing food and health, then contact Action for Sustainable Living about their A Few Small Steps programme which links to Healthy Schools and Food for Life. Contact Josh Steiner 0161 227 0377 or email schools@afsl.org.uk

- **Local Food Heritage projects** - If you would like to engage the local community, include local history and link to the Curriculum, healthy living and Sustainable Schools, then you may want to undertake a Local Food Heritage Project as done by pupils at St Margaret's Primary, Whalley Range. The project

could be tailor-made according to the needs of each school, to produce a digital presentation, diary book or display.

Please contact Fiona Dunk, project co-ordinator, at fbusy@phonecoop.coop, or through the Kindling Trust on 0161 226 4440.

- **School grounds advice** - Groundwork can provide advice for schools on using school grounds for growing food and have also produced a School Grounds Development Toolkit.

Contact the Groundwork team on 0161 220 1000 for more information or visit their Manchester website at www.groundwork.org.uk/manchester/

- **Fruit and veg tuck shops and market stalls** – If you would like to set up a fruit tuck shop, as done at Park View Primary, and you're in the East or North Manchester area, contact Herbie at herbie@merci.org.uk or ring 0161 273 1736.

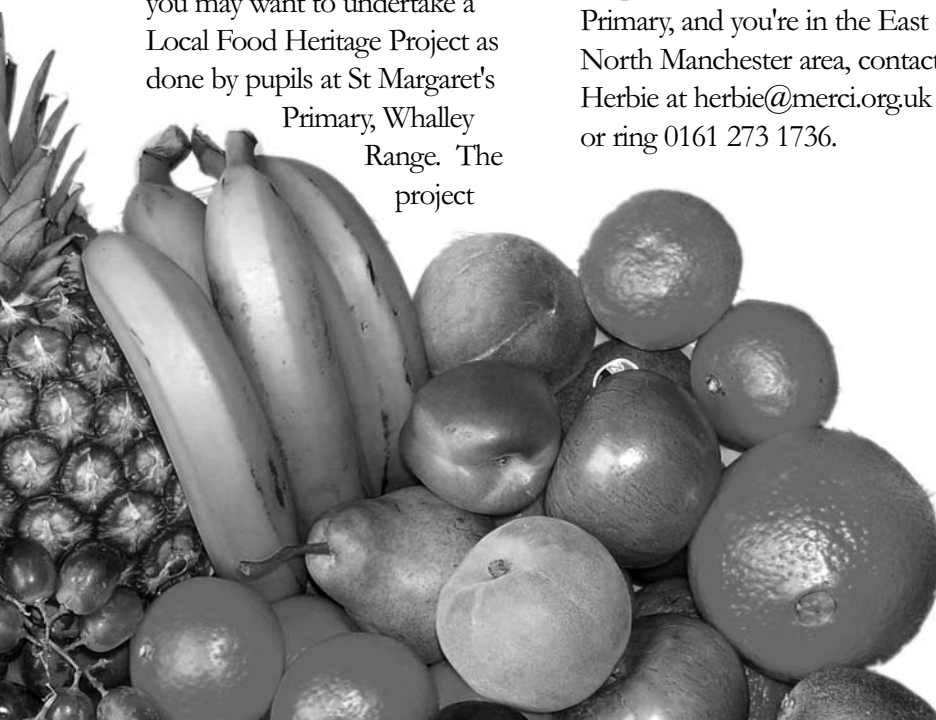
If you are outside that area, or would like to undertake a similar project to that at Abbey Hey Primary School, where they set up a market stall in the playground once a week selling fresh fruit and veg to parents and the wider community, contact Christine Raiswell, Food Futures Programme Manager c.raiswell@manchester.gov.uk or 0161 234 4268

- **Sustainable food and project advice** - The Healthy Schools Partnership provides advice and information around sustainable food (including growing food) and implementing specific projects such as 'Funky Foods'. For further information please contact Healthy Schools on 0161 882 2301.

- **Food workshops and tasting sessions** - Manchester City Council Environmental Education Officers can provide schools with workshops and tasting sessions on growing food in schools.

Please contact Dianne Sakalas, Environmental Education Officer D.Sakalas@manchester.gov.uk or 0161 953 2761

In some cases it may be necessary for schools to find additional funding for these. The MEEN directory contains details of funding opportunities for schools – visit www.meen.org.uk for an on-line version, or call 0161 273 8881 to order a free hard copy.



Levenshulme Girls' Eco-Challenge



As part of The Field Studies Council's (FSC) Eco Challenge project, Levenshulme High School was awarded funding for a 4 day field trip to the Field Study Centre in Shropshire. 30 of the year 9 pupils went on the trip where they learnt about the natural world and got involved in conservation, team building and problem solving activities. The course concluded with the pupils making eco-pledges to take their environmental awareness back to school.

To follow on from the trip, the FSC provided funds for the school to work with an environmental organisation of their choice to help take their Eco Challenge forward.

The students decided to take this opportunity to develop their school allotment and gardens. The school has had the allotment for a couple of years, but it has been difficult for the students to feel they own it, as other school commitments have taken priority.

In March, the school invited Action for Sustainable Living (AfSL) to work with them for two days. The students took their learning out to the AfSL allotment project in Levenshulme where they spent a day learning about growing vegetables and gardening. "The students attended one of our linked allotment projects in Levenshulme with our Education Officer, Emma, and rotated working on a number of activities in small groups - including ground prep, mural painting, eco-treasure hunts and more.", said Josh Steiner, Sustainability Coordinator at AfSL. The day ended with drawing up a plan for the school allotment and

gardens. The pupils took this plan and the information they had learned back to school and, with the help of AfSL staff and volunteers, got to work planting and working on their allotment. Since then, the Eco Club has taken on the task of maintaining the garden and students are keen to take what they've learnt further; one of the members of the Eco Team said, "I want to ask my mum and dad to plant some at home".

Nicola Parkinson, Eco Coordinator, is hoping to link the allotment project to Food Technology lessons - "Personally, I think that it's really important for the pupils to see how their food is grown, and to have a better understanding of, and respect for, the environment around them." This year's Eco Team are looking forward to reaping the rewards from their hard work in the allotment. "I can't wait until we can eat some of the food we've grown", said one year 9 student.

Fresh fruit and veg at Park View Primary



The fruit tuck shop for Key Stage 2 pupils at Park View School in Miles Platting is proving a huge success. It was introduced because the older pupils were missing their fruit, having enjoyed free fruit during Key Stage 1.

The tuck shop is run by the Year 6 pupils and Teaching Assistant, Dawn Senior, who spends a maximum of 10 minutes each

morning preparing fruit, such as melon or pineapple pieces, which the children love. The fruit is delivered from New Smithfield Market in Openshaw by 'Herbie', the fruit & veg van. Herbie is a 'not for profit' initiative run by the sustainable development charity MERCI.

The school started out 18 months ago ordering just 50 pieces of fruit a week from Herbie however, that has now risen to 75 pieces being delivered twice a week.

The children pay 15p per piece of fruit and they either bring that money in themselves, or their parents hand a week's worth of fruit money to Ms Senior who then knocks each 15p spent off the weekly money. The Year 6 fruit monitors change every half term

and the previous monitors train the incoming ones.

Due to the fruit tuck shop's success, Key Stage 1 pupils requested fruit on their breaks, and now Foundation have a fruit tuck shop too, which is run by the class teachers. "The children love having a variety of fruits to choose from. Tomatoes and carrots are popular too" says a very happy and enthusiastic Dawn Senior.

Herbie delivers to schools in East and North Manchester. For more information on receiving a delivery from Herbie, or help with setting up your own fruit tuck shop, email herbie@merci.org.uk or ring 0161 273 1736 and speak to the Herbie team.

Resources

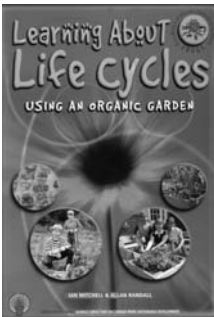
Food and Farming – local and global



By TIDE and FACE - £8

This resource looks at all aspects of food and explores ways to teach about the complexity of food production and its sustainability. Full of photographs from around the world and ideas for the classroom, this resource will inspire your efforts to grow food at school and build global links.

Learning about life cycles – using an organic garden



By Ian Mitchell and Allan Randall - £9.95

Enables you to help KS 1&2 children to understand how some of their food is grown, reduce and recycle classroom waste, encourage understanding of interdependence, recognise and help some of the endangered species in our environment and incorporate the teaching of sustainable development in the curriculum.

Waking up – using plants to investigate sustainable development at KS 2



By TIDE - £7

This resource takes a look at a few everyday items and investigates issues of sustainability for plant materials used in them, such as aloe vera and palm oil. Practical activities lend themselves to classroom work on a wide range of curriculum opportunities, including science, geography, ICT, citizenship and literacy.

One Well: Imagine all Earth's water came from one source

By A&C Black - £12.99

Did you know that for billions of years the amount of water on Earth has not changed? All the water on Earth is connected, and there really is just one source, one global well, from which we all draw our water. All living things depend on this one well; life would be impossible without it. What can we do to protect it? One Well's call to action shows how every one of us has the power to conserve and protect the One Well. KS 2.

Cabbages and Cowpats

Send a Cow - £5.99

A fun-packed educational DVD promoting sustainability and healthy eating, accompanied by toe-tapping music, engaging animations and an easy-to-follow storyline. This unique resource for KS 2 demonstrates to children that their lives bear many similarities to those of children in African countries, from cooking and shopping to going to school. This DVD is a great springboard for geography topic work, science and PSHE/citizenship.

The above are all available to purchase from Manchester Development Education Project, info@dep.org.uk / 0161 921 8020

Little Rotters Composting Handbook



Environ

Available to download free at www.littlerotter.org.uk

This is a great teaching resource aiming to reduce the amount of compostable waste from schools going to landfill. It contains fun activities - food chains and worm identification activities provide curriculum links to Science, a waste

audit for maths and poster design for art, information and advice on starting composting at school, and case studies sharing best practice.

RHS Campaign for School Gardening

www.rhs.org.uk/schoolgardening – on-line resource including games, information, recipe and activity ideas, case studies, lesson plans and curriculum links for teachers and students.

The Food for Life Partnership, led by the Soil Association, is a network of communities and schools across England committed to transforming food culture. They have a bronze, silver and gold award scheme and offer support to schools. For events, training and resources or to sign up visit www.foodforlife.org.uk or for more information on what's happening in the North West email Lucinda Kirby at lkirby@soilassociation.org

Garden Organic - Website includes curriculum links to organic gardening; quizzes and activities for students; information on planning a garden, composting, growing; and facts and figures around organics. You can become a member for free to receive the newsletter and access further resources and parts of the website. www.gardenorganic.org.uk/schools_organic_network

Funding Sources

Local Food Grants – National Lottery funded, this grant scheme offers grants to schools between £2,000 and £500,000 for various food related projects aiming to make locally grown food more accessible and affordable to local communities.

www.localfoodgrants.org

Green Day

5th June - 19th June 2009

World Environment Day on the 5th June kicks off CABE's Green Day fortnight. See Network News for more information.

Permaculture gardening

13th June 2009

Hulme Community Garden Centre, Hulme, Manchester
£60

This course will explore how Permaculture can be applied to create beautiful, productive and wildlife-friendly gardens. It is open to anyone interested in using Permaculture principles and design in their garden or allotment, from complete beginners to experienced gardeners - with or without prior knowledge of or qualifications in Permaculture. The course will include practical and theory sessions.

Visit www.lowimpact.org to book online

MEEN AGM

25th June 2009

3.30pm - 6pm

Bridge-5 Mill, 22a Beswick Street, Ancoats

What makes a Sustainable School? Come along and experience a series of mini-showcases around the 8 Doorways of Sustainable Schools. Furthermore, find out what MEEN has been doing this year, network and enjoy the food and drink!

RSVP Louise and Raichael at office@meen.org.uk or call 0161 273 8881

A creative approach to environmental education

1st July 2009

Manchester

This event includes a range of innovative activities to enrich your education sessions and reinforce your message. You will have the opportunity to try out simple (craft based) ways in which you can link in to aspects of the National Curriculum

other than science and geography. The activities covered during the day can be adapted for work with any age group on the whole. The event is designed for anyone involved in environmental education.**

Calling all Manchester Eco School Coordinators

2nd July 2009

Cedar Mount High School, Gorton
FREE

All Eco School Coordinators are invited to come along for an Eco Schools afternoon to share and learn from each other. There will be a session for Primary schools and one aimed specifically at Secondary schools, with plenty of time to consider how to deliver the 9 topics, how Eco Schools links to the Sustainable Schools agenda, and time to look at a Green Flag folder for inspiration. Those schools involved in CABE's Green Day activities will also be able to share their experiences.

For further details and to book a place please contact Louise and Raichael at office@meen.org.uk or call 0161 273 8881.

Getting local people active and involved

8th July 2009

Doncaster

This event will provide you with methods for increasing the involvement of local people in environmental projects. The day begins by looking at what encourages people to get involved and ends by designing involvement opportunities in your own projects and activities.

The event will be of interest to staff working in environmental and countryside situations who work with communities as part of their job. It is also suitable for volunteers and members of voluntary groups who want to increase their membership.**

Working with secondary schools through the national curriculum

28th July 2009

Doncaster

This event will provide an introduction to the National Curriculum at Key Stages 3 and 4, including opportunities and requirements related to environmental education and Sustainable Development Education. It will explore case studies and will introduce examples of resources developed to meet the needs of Secondary schools and the National Curriculum at KS 3 and 4. The event is aimed at local authority officers, community and environmental workers wishing to work more effectively with Secondary Schools.**

Linking environmental education activities to the national curriculum

2nd September 2009

Leeds

Aimed at environmental educators, rangers, countryside wardens and others beginning to work with schools, this event will introduce you to the National Curriculum, including Sustainable Schools. The aim is to de-mystify the curriculum and other schools related documents and to help you find out where your topic links to different subject areas, bringing your environmental work more in line with the needs of schools. We'll give guidance on where to start and how to develop and link activities together, and you'll put together some curriculum-linked activities to take away.**

** £110 + VAT for voluntary organisations; £165 + VAT for local authorities, statutory & other non-voluntary organisations. For further details, to book a place or to request a full programme of events, please contact ETN on 0121 359 2113 or Email ETN@btcv.org.uk.

What is Manchester Environmental Education Network?

Manchester Environmental Education Network (MEEN) is a membership-based organisation aiming "To inspire and motivate learning about sustainability by building a network of people actively committed to Education for Sustainable Development (ESD) in Manchester." The network was established by six partner organisations involved in the project, and currently employs a network coordinator and a Sustainable Schools Project coordinator.

Membership of the network offers:

- * free network directory (pay only for P&P) - while stocks last
- * free termly newsletter
- * support from network coordinator
- * reduced entrance to MEEN events
- * a voice in how MEEN is run and the activities of the network

Project Partners:

Development Education Project (DEP),

Laurel Cottage
c/o MMU 799 Wilmslow Road
Manchester M20 2RR
Tel: 0161 921 8020

Groundwork Manchester, Salford and Trafford,

Timber Wharf,
42-50 Worsley Street
Castlefield
M15 4LD
Tel: 0161 220 1000

Manchester Environmental Resource Centre initiative (MERCi),

Bridge-5 Mill,
22a Beswick Street, Ancoats,
Manchester. M4 7HR
Tel: 0161 273 1736

Manchester Healthy Schools Partnership,

Mauldeth House,
Mauldeth Road West, Chorlton.
Manchester. M21 7RL
Tel: 0161 882 2313

Environmental Campaigns

Manchester City Council

3rd Floor,
Pink Bank Lane,
Belle Vue,
Manchester
M12 5QN
Tel: 0161 953 2760

Mersey Basin Trust,

Bridge-5 Mill, 22a Beswick Street,
Ancoats, Manchester. M4 7HR
Tel: 0161 273 4207
merseybasintrust@hotmail.com
www.merseybasintrust.org.uk

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Membership of Manchester Environmental Education Network (MEEN)

Please fill in this form and return to the network coordinator at the above address, enclosing a cheque for the relevant amount.

Name School / Organisation Subject (where applicable)

Address

Tel Fax E-mail

Schools / Organisations - Manchester	£8
Individuals - Manchester (waged / unwaged)	£5 / £2
Non-Manchester based membership	£12
Please add P&P for directory	£2

TOTAL

I enclose a cheque payable to 'MEEN' for £_____