



St Mary's Church of England Primary School  
 an academy in the Good Shepherd Trust  
 Petworth Road, Chiddingfold, Surrey, GU8 4UF



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October 2024

Dear Parents/Carers

Every year, children in Year 3 participate in culinary workshops organised by Adopt a School Programme. They are 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.

The cost of the programme will be **£7.88** per child, which includes three sessions with the chef:

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

These sessions will be taking place on 28<sup>th</sup> February, 21<sup>st</sup> March, and 28<sup>th</sup> March.

We invite you to make a voluntary contribution towards these sessions, which can be paid online in Scopay by **Wednesday 8<sup>th</sup> January 2025**. 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

Respect,  
 Wisdom,  
 Hope,  
 Community

Through humility, courage and devotion we blossom and grow



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 Diocese of Guildford  
 TRUSTEES: VIOLET SCHOOLS  
 AND SAINTE LIVES



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