



Lewisham

tasty VIEWS

AUTUMN 2019



BTCK

Now that we are back for the autumn term we are raring to get stuck into our Beyond the Chartwells Kitchen sessions! Free of charge we can come in and teach about Nutrition, Health, and Sustainability! Last term we came into **Ashmead** and **Cooper's Lane** but would love to come to more! We can do whole school or year group assemblies or class workshops, whichever suits you!



Holiday Provision

We know that during the holidays our children may go hungry and so we partnered with YouthFirst and Lewisham Council to deliver meals to children over the summer break. Through this Partnership, we delivered over 10,000 meals to children and young people.



Training Kitchen

Did you know we have a dedicated training kitchen just for teaching young people how to cook? **Dalmain** and **St Winifred's** schools visited us last term and we would love to have more students! They can learn anything from basic cooking skills to showstopping masterpieces! Please get in touch with Shereene Weston for more information!



Food Ambassador

We are very proud to introduce our brand new Food Ambassador for Lewisham- Archit Mehra! He will be working closely with schools to promote school meal uptake as well as providing support for your school in terms of pupil and parent engagement.



Daily Mile



We loved running the Daily Mile with **Stillness Infants** last year and would love to come and run it with more schools. Please get in touch if you would like us to visit your school for the daily mile.

Mental Health

Mental Health is becoming increasingly prominent in the curriculum but sometimes teachers are unsure in how to teach this effectively. Through our partnership with 'Young Minds' we also offer mental health training for teachers through our Mental Health specialist. Get in touch if you would like more information!



WANT TO FEATURE IN NEXT TERM'S NEWSLETTER?

If you're interested in health and wellbeing sessions at your school or our purpose-built training kitchen please get in touch!



Freya Strutt – Lewisham Nutritionist – 07717355242 - Freya.Strutt@compass-group.co.uk
Shereene Weston – Lewisham Training Manager – Shereene.Weston@compass-group.co.uk



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery