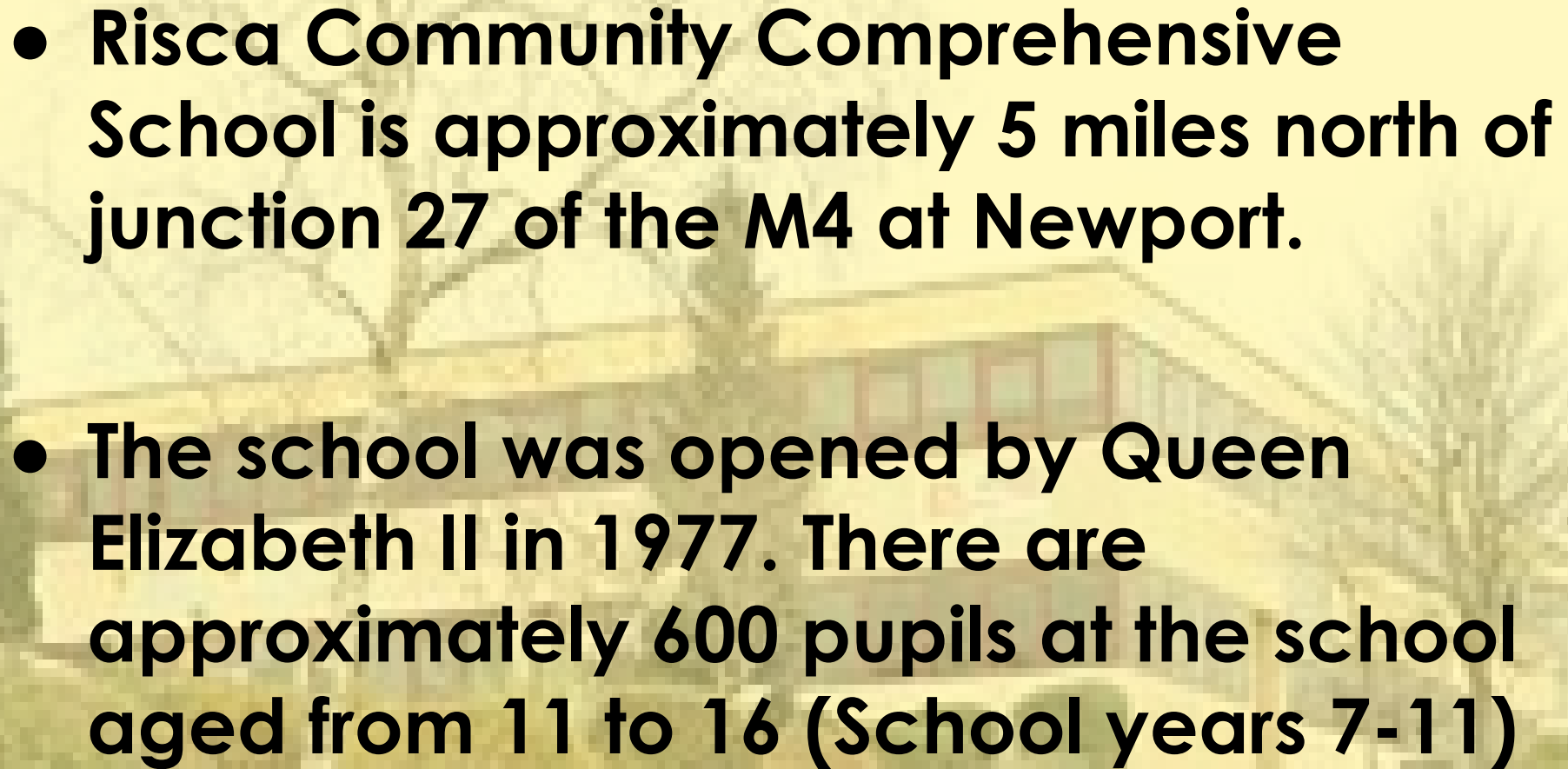


# Liane Summers



## Risca Community Comprehensive School

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- **Risca Community Comprehensive School is approximately 5 miles north of junction 27 of the M4 at Newport.**
  - **The school was opened by Queen Elizabeth II in 1977. There are approximately 600 pupils at the school aged from 11 to 16 (School years 7-11)**

- There has been an ASC Centre on site since 2003 which is only one of 2 centres in Caerphilly County.
- The Autistic Spectrum Centre (ASC) has **21 pupils** with a statement for autism spectrum disorder (ASD), one of which is currently home schooled. Pupils are supported to access mainstream classes with their peers where appropriate.

**In addition there are 101 pupils  
on the SEN register :**

- 32 Specialist intervention
- 69 literacy and numeracy intervention

## MY BACKGROUND

My career hats prior to secondary school teaching was in several areas of the Design Industry.

I have designed tableware, wallpapers, soft furnishing fabrics, furniture and interiors.

Together with my business partner we were one of the first female led businesses in Wales to successfully achieve funding from the Welsh Development Agency in 1986. We won an award from the NEC for this business model as well as 2 National awards for a business based in Wales.

In addition to designing I taught in Adult education, Further and Higher Education prior to achieving my PGCE in 2010 and commencing teaching KS3 food at Risca Community Comprehensive School.

When I joined the school in 2010, there had been very little cooking for many years and then only vegetarian recipes as the previous teacher refused to teach non-vegetarian dishes.

After one year of teaching pupils a broader variety of recipes, uptake at GCSE increased from 6-7 to 25 so I was asked take over teaching food at KS4.

All ingredients were provided by the school which ensured that all pupils cooked which I felt was very important as Risca is designated as a deprived area with approximately 82% of households affected by at least one type of deprivation.

Six years ago my Head of Department decided it would be good for pupils to provide their own ingredients as this would improve their independence and enable them to take some responsibility for their learning.

Personally I feel it was more of a financial solution as food provision took a high percentage of her budget for the department.

I battled to be able to provide high risk ingredients as some pupils walk or travel by bus to school for 30 - 40 minutes each day. This was a huge concern as I had no way of knowing how long the food had been out of the fridge etc.

I also reminded her that we were obliged to provide ingredients for FSM pupils.



This system caused issues as some pupils regularly didn't bring in ingredients for a variety of reasons so I still had to purchase enough ingredients to ensure these pupils could cook. So predicting the budget was impossible and ordering food difficult. There was also the food wastage issues to consider.

After returning back to school from the covid lockdown we resumed providing all ingredients but I was told last year to look at other solutions due to rising costs.

I surveyed parents/carers at all following parent evenings regarding the suggestion of a rotation contribution for food lessons. This proved very popular as many felt this would be less expensive for them as well as less hassle as pupils inevitably forget they need ingredients until the last minute.

I costed all the recipes for each year group, it was very time consuming creating the spread sheets but well worth it in the long run as I can alter ingredients and costs easily. It also made it much easier to pitch to SLT.

Recipe name added here

		QTY	COST PER GRAM/ITEM	TOTAL COST	NUMBER OF PUPILS	COST PER PUPIL
		0	£0.00	£0.00	20	£0.00
		0	£0.00	£0.00	20	£0.00
		0	£0.00	£0.00	20	£0.00
		0	£0.00	£0.00	20	£0.00
		0	£0.00	£0.00	20	£0.00

Individual ingredients added here

Any pack weights or pack qty ie: box of 12 eggs

Qty required

Columns containing formulas to calculate total and individual cost per pupils

These columns are then repeated for each recipe which then totals the total cost per pupil for all recipes. This then ensures that parental contribution is accurate.

We round up to nearest £ as this allows for any changes in costs.

Contributions are paid through ParentPay so I don't need to handle any cash payments.

I give the Business manager a list of of pupils in my new group and I make an announcement on class charts that it is ready for parents to make their contribution.

YEAR 7 RECIPE COSTS					
FRUIT SALAD/FRUIT CRITTER		QTY			
GRAPES	500G PUNNET	1			
APPLES		20			
ORANGES		20			
PEARS		20			
RAISINS	500G BAG	1			
COCKTAIL STICKS		1			
FOIL TRAY		20			
PIZZA TOAST		QTY			
TOMATOES	PACK OF 6	4			
SPRING ONIONS	BUNCH	2			
CHEESE	400G	2			
HAM	20 SLICE PACK	1			
RINGER ROLLS	6 PACK	2			
FOIL TRAY		20			
VEGETABLE STIRFRY		QTY			
CHICKEN STRIPS	340G BAG	2			
CILIBRY		20			
MUSHROOMS	BUTTER	1			
CARROT	1KG BAG	2	£0.50	£1.00	20
ONION	1KG BAG	2	£1.00	£2.00	20
TOMATO	PACK OF 6	4	£0.69	£2.76	20
4-6 SUGAR SNAP PEAS	150g each	5	£0.69	£3.45	20
1 TSP BROWN SUGAR	1 bag	1	£1.35	£1.35	20
1 TSP HOISIN SAUCE	1 bottle	1	£1.50	£1.50	20
1 TSP SOY SAUCE	1 bottle	1	£0.65	£0.65	20
FOIL TRAY		20	£0.10	£2.00	20
APPLE CRUMBLE		QTY	COST PER GRAM/ITEM	TOTAL COST	NUMBER OF PUPILS
TINNED APPLE	250G TIN	10	£1.60	£16.00	20
PLAIN FLOUR	1.5KG BAG	2	£0.50	£1.00	20
BUTTER	250G BAKING BLOCK	5	£0.95	£4.75	20
CASTER SUGAR		1	£2.25	£2.25	20
FOIL TRAY		20	£0.10	£2.00	20
			TOTAL		£4.22

YEAR 8 RECIPE COSTS					
CAKE EXPERIMENT		QTY	COST PER GRAM/ITEM	TOTAL COST	NUMBER OF PUPILS
SELF RAISING FLOUR		2	£0.50	£1.00	20
CASTER SUGAR		2	£2.25	£4.50	20
EGGS	PACK OF 12 MEDIUM	2	£2.40	£4.80	20
SOFT SPREAD	500G	2	£2.20	£4.40	20
CAKE CASE		20	£0.02	£1.00	20
DUTCH APPLE CAKE		QTY	COST PER GRAM/ITEM	TOTAL COST	NUMBER OF PUPILS
SELF RAISING FLOUR		2	£0.50	£1.00	20
CASTER SUGAR		2	£2.25	£4.50	20
EGGS	PACK OF 12 MEDIUM	2	£2.40	£4.80	20
SOFT SPREAD	500G	2	£2.20	£4.40	20
APPLES		20	£0.15	£3.00	20
DIETETIC SUGAR		1	£2.15	£2.15	20
CINNAMON		1	£1.10	£1.10	20
TIN FOIL TRAY		20	£0.10	£2.00	20
FRUIT SCONES		QTY	COST PER GRAM/ITEM	TOTAL COST	NUMBER OF PUPILS
SELF RAISING FLOUR		2	£0.50	£1.00	20
CASTER SUGAR		2	£2.25	£4.50	20
BUTTER	250G BAKING BLOCK	5	£0.95	£4.75	20
EGGS	PACK OF 12 MEDIUM	2	£2.40	£4.80	20
RAISINS	500G BAG	1	£2.45	£2.45	20
TIN FOIL TRAY		20	£0.10	£2.00	20
BLUEBERRY DUMPLINGS		QTY	COST PER GRAM/ITEM	TOTAL COST	NUMBER OF PUPILS
SELF RAISING FLOUR		2	£0.50	£1.00	20
GRANULATED SUGAR		5	£0.00	£0.00	20
CASTER SUGAR		1	£2.25	£2.25	20
BLOCK SPREAD	250G BAKING BLOCK	5	£0.95	£4.75	20
BLUEBERRIES	125G PACK	5	£0.99	£4.95	20
TIN FOIL TRAY		20	£0.10	£2.00	20
				TOTAL	£3.60

All recipes are created as single portions and can be easily adapted for seasonal ingredients due to current shortages.

I am currently working on using this symptom for KS4 to enable me to calculate recipes costs for Y10 and NEA costs so that a contribution symptom can be offered to pupils.

# Exemplar letter that is going out to parents

Dear Parents / Carers,

I am writing to you to explain the arrangements for pupils during their Food & Nutrition lessons at Risca Community Comprehensive School.

Pupils in Year 7 are given an introduction to cooking and nutrition. They study good food hygiene practice and learn about the equipment used in school. Lessons are a mixture of practical and theory work and pupils learn to prepare a range of ingredients correctly and safely. Attached is the proposed schedule of practical lessons; however these could be subject to change due to unforeseen events that make take place in school.

Previously pupils were advised what ingredients they will need to bring with them during the demonstration lesson so there will be sufficient time for purchase of ingredients.

In response to the Parent/Carer survey conducted last year I have calculated the cost of ingredients for the recipes to be made in Y7 which has resulted in a cost of £5.00 contribution being requested. This contribution will be payable through ParentPay, I will make an announcement in class charts that the payment symptom is active.

During food practical lessons carried out in school, students will need to taste food. Please advise if your child has any special dietary needs which could prevent him/her from tasting certain foods.

Please acknowledge receipt of this letter by completing the attached consent slip and returning it to school to confirm your understanding of these arrangements.

## **Feedback from teachers in the CfW health & Wellbeing (Food) group on facebook**

We ask for contributions to cover all of DT but uptake is hit and miss. We usually end up supplying if we can or doing paired cooking.

We order in from castell Howell who also deliver to our canteen twice a week, all ingredients is paid for by the school I put a money jar on my desk and ask for £1 donations towards costs each time they cook, no problem if they forget or can't afford it and no feeling of shame as nobody notes what's put in the jar, we also only make one portion per pupil if it's a meat fish dish and try to use cheaper ingredients where possibly. This is a result of our schools RADY initiative and it's working well although extra time spent on ordering stock

Pupils still bring in their own ingredients with perhaps only one or two in each class not doing so for a number of reasons. It's worst in Year 9 with sometimes 5 or 6 out of an average class of 22 with no ingredients. Because of the rising cost of living and diminishing almost non-existent skills since Covid I do allow pupils to work in pairs if they ask. I have a set of printed sheets for pupils with no ingredients but if they bring a letter in with a valid reason or I know extenuating circumstances I will allow them to help someone else. I also allow flexibility regarding personal and cultural factors where they can make something with similar skills. Not perfect by any means.



Our school buys in all ingredients we have a low budget and it's tight. Numbers keep growing but they refuse to ask parents for contributions due to the parents coming from one of the most deprived areas.

One solution I'm considering is asking for a food bank style of where parents could donate food such as flour to school.

Another is to ask supermarkets if they could do us a magic bag which costs a lot less for ingredients that are close to sell by date and we could do bakes etc from.

These examples show how much extra time and effort food teachers invest into ensuring pupils are able to cook and develop important life skills.

The supply of food ingredients should be fully funded by schools but with the massive cuts to budgets over the last 12 years this isn't possible.

Pupils aren't asked to provide chemicals in science, sports equipment in PE, art materials or musical instruments which are all part of the national curriculum too, so it is important the teaching of food is of equal importance.