

# Application Form

## Food for Thought: Education Fund Phase 6

The **aim** of the fund is to provide :

- progressive, high quality learning experiences in food education, allowing learners to develop their knowledge and skills
- the opportunity to plan and implement learning experiences which build sustainability and capacity for future development and help to embed food education into the ethos of the school

Name of Local Authority	North Ayrshire
Name of Establishment (if cluster bid, include all establishment names)	Cumbræe Primary School
Application completed by	Julie Sharman
Deadline for Applications	<b>To arrive no later than 2pm on Wednesday 23<sup>rd</sup> May 2018</b>
Period of Fund	Successful applicants will receive notification of funding by the <b>end of June 2018</b> . Project activities should take place between <b>August and December 2018</b> and final reports should be submitted by <b>end of January 2019</b> .
Level of Grants	Funding awards will be <b>up to £3,000*</b> per individual project. When applying as a cluster or associated group of establishments, <b>each establishment</b> must be named on the form. In this instance more than £3000* can be requested and the breakdown shown clearly in the form . It may not be possible to fund every element of each successful proposal. The total amount will be subject to budget availability and adherence to the aims of the fund.
Business Partnership	In order to enhance skills for learning, life and work it is <u>essential</u> that you work in partnership with a business for this funding. Business in the Community Scotland can help you to link to a business or community organisation(s) that can fulfil this role. These partners are not required to be a food based business/community organisation. Schools can work with existing partners or create their own new partnerships.
Eligibility	Applications are invited from practitioners in early learning and childcare settings, schools/clusters/associated schools groups across Scotland. NB: We will accept <b>one</b> application per establishment or cluster. Note - ASN schools in the independent sector are also eligible to apply.
	<ul style="list-style-type: none"> <li>• <b>2pm on Wednesday 23<sup>rd</sup> May</b> is the final deadline after which no late bids will be accepted.</li> <li>• If any sections are incomplete, this will impact on the assessment of your application.</li> <li>• Only return the completed application form. Supporting documents are not required.</li> <li>• Please ensure that you retain a copy of the application form for your own records.</li> </ul>
Please complete this form in type in the spaces provided and email your application to:	<a href="mailto:Foodforthought@educationscotland.gsi.gov.uk">Foodforthought@educationscotland.gsi.gov.uk</a>

## SECTION 1: ABOUT YOU

Local Authority:	North Ayrshire
Please give the name and contact details of the person within your establishment/school who will deal with this application, all correspondence relating to it and the management of the Food for Thought Fund.  The person named here must be authorised to answer all queries and to sign all paperwork relating to this application and be responsible for the overall management and co-ordination of the project. The named person should also be the first point of contact for Education Scotland.	Name: Julie Sharman
	Position: Head Teacher
	Establishment/School: Cumbrae Primary School
	Address: Bute Terrace, Millport, Isle of Bute
	Postcode: KA28 0BB
	Direct Telephone: 01 475 530343
	Mobile:
	Email: gw09sharmanjulie01@ea.n-ayrshire.sch.uk
Please re-enter your email address: Gw09sharmanjulie01@ea.n-ayrshire.sch.uk	
Has your establishment received Food for Thought Funding previously? Please tick all that apply:	Phase 1 <input type="checkbox"/> Phase 2 <input type="checkbox"/> Phase 5 <input type="checkbox"/> Phase 3 <input type="checkbox"/> Phase 4 <input type="checkbox"/> N/A X

Resources relating to Food for Thought are also available on the National Improvement Hub

[Food for Thought Resources](#)


[Food for Thought - Who Can Help?](#)

[Food and Health Skills Support](#)

[Food for Thought Projects at Dunblane PS / Todholm PS](#)

<b>SECTION 2: OVERARCHING THEMES:</b> Please tick any that will apply to your project.	
Skills Progression using the Es and Os and the Benchmarks	<input type="checkbox"/>
Developing the Young Workforce	<input type="checkbox"/>
STEM (Science, Technology, Engineering and Mathematics) and food education :	<input type="checkbox"/>
Inequity/attainment gap	<input type="checkbox"/>
Digital Learning and food education	<input type="checkbox"/>
Progressive Interdisciplinary Learning around food education	<input type="checkbox"/>
Learning for Sustainability and food education	<input type="checkbox"/>
Outdoor Learning and food education	<input type="checkbox"/>
Parents/Community and food education	<input type="checkbox"/>

<b>SECTION 3: MAKING LINKS</b> Please indicate which of the following national events, initiatives and Scottish Government guidance will relate to your project.	
<a href="#">2018 - Year of Young People</a>	<input type="checkbox"/>
<a href="#">Good Food Nation: Scotland's National Food and Drink Policy</a>	<input type="checkbox"/>
<a href="#">Better Eating, Better Learning</a> : a new context for school food, follow up to Hungry for Success	<input type="checkbox"/>
<a href="#">Beyond the School Gate</a> : improving food choices in the school community	<input type="checkbox"/>
<a href="#">A Healthier Future – Action and Ambitions of Diet, Activity and Healthy Weight</a>	<input type="checkbox"/>
Other (please indicate)	<input type="checkbox"/>

<b>SECTION 4: YOUR BUSINESS LINK</b>
<p>Establishments must make a link with at least one business / community partner to help address skills for learning, life and work. You may have identified a suitable partner yourself but <a href="#">Business in the Community Scotland</a> can provide support and advice if required. BiTC will be represented at the Food for Thought Support Event in June or you may wish to contact Vivian Maeda from BiTC directly: <a href="mailto:Vivian.Maeda@bitc.org.uk">Vivian.Maeda@bitc.org.uk</a> In the meantime, please give as much information about your potential business link as you can when completing Section 5.</p>


## SECTION 5 : ABOUT YOUR PROJECT

Please give a **50 word summary** of your project

Please note that we may use this wording in reports and in press releases, so it should be a concise statement of your proposed plans.

Cumbræ – the island where people will forget to die.  
Cumbræ Primary is on an island community and our project is inspired by the lifestyles of residents on the Greek island of 'Ikaria'. Our project is ambitious and has the long term aim of involving and educating the whole community into helping Cumbræ be self-sustainable and follow the practises embedded on Ikaria where a third of the population live beyond a 100. We will cultivate healthy food from seed to provide school, community groups, families and local businesses with organic produce and develop ambitious healthy mind and exercise programmes which will benefit our whole island.

Please give an overview of your plans, school based activities and deadlines, with reference to Sections 2, 3 and 4. (a timeline can be very helpful). You may go to a second page for this section. Please refer to the guidance on how will we assess your application.

### Project title –

*Cumbræ – the island where people will forget to die!*

### Aims

Our project aims

1. to involve the whole school in developing community partnerships to cultivate land and develop allotments/ kitchen garden to grow fruit and vegetables to provide organic produce for the school kitchen, our families and local businesses. This part of the project will be called 'Plant to Plate'.
2. develop close links with local business 'The Garrison Cafe' who will buy our food to serve to customers
3. to grow partnerships with Cumbræ Community Garden who will provide us with knowledge and expertise, Cumbræ Parish Church who will provide us with land and 'FitNut' who will advise us on nutritious foods and there health benefits as well as involving us in an exercise programme.

As a result of this, further aims are as follows:

- Provide more knowledge about the journey of food, within a local context
- Develop skills of employability in areas such as agriculture, marketing, communications, catering and design technology
- Develop skills in cooking, meal making and independent living
- Reduce inequity in food choices and availability
- Increase awareness of seasonal food, meal planning and cost analysis
- Increased take-up of fruit and vegetables at lunchtime
- Build links with local businesses
- Seek to gain support of the local farming community for resources and training
- Develop opportunities for inter-generational working, through parents, grandparents as well as older members of the community, who may be experiencing rural isolation
- Increased knowledge of issues of sustainability
- Update the whole-school curriculum with a re-focus on the outdoors as a rich and limitless learning environment

Cumrae Primary is an island school, a 10 minute ferry ride from Largs. Our ambition is that we provide our children with skills, knowledge and the opportunity to become organic farmers and help produce food to be used in the community. A huge part of our project would be to enable children to see the benefits of home grown produce, open them up to foods they have never tasted and help them understand how to not only plant and grow these foods but how to prepare them and create interesting meals/ snacks. Because we are an island we are sometimes cut off from the mainland due to adverse weather conditions so it is important to us that the children can be creative and not simply rely on frozen/ tinned food during these times. We also want to develop a love of food and that meal times are sociable occasions to be enjoyed and cherished.

A new parish church is being built on farming land next to our school and they have agreed to donate some land to us which we can cultivate and grow produce to develop our own kitchen garden.

### **Time line**

#### **June 2018**

Meet with Ron Gilchrist, Cumrae Community Garden volunteer to discuss plan for project and help raise community awareness. Identify allotment and indoor growing space in Cumrae Community Garden and identify area of land within Cumrae Parish Church grounds.

#### **Septmeber 2018**

Community/ Parent meeting organised and presented by our children to share our vision and plans for our project.

Plan segment on Cumrae Community radio show to share our vision about the island where people will forget to die.

#### **September 2018 – February 2019**

Purchase tools and equipment for project

Clear ground in church

Build raised beds

Build wormery

Research and plan suitable plants to grow based on local environment and children's interests

Plan work experience visits to develop our knowledge of the food industry

Embark on the FitNut programme to understand the health benefits of exercise and learn more about the benefits of particular fruit and vegetables

#### **Spring 2019 onwards**

Grow fruit and vegetables to supply the Garrison Cafe and school kitchen. Families will also be able to access our fresh herbs to add to their own meals

Eco group will organise gardening activities for whole community

Health and wellbeing committee will organise FitNut information sessions

Pupil Council will link with local radio to advertise our project and provide updates

Community Committee will develop intergenerational and business links with local gardeners, experts and restaurants

As we are a small rural school with a roll of 60 children, the whole school community will be involved in the project at all stages. A member of the local community, an experienced gardener with an allotment of their own, has expressed a keen interest in working with the next generation of gardeners/agricultural workers to increase their knowledge of this essential industry within Scotland. To emphasise our commitment to this project, each class will be timetabled each week

to spend time in the kitchen garden. Furthermore, the children will be encouraged to set-up a family gardening club to undertake additional tasks as and when necessary.

**Developing the Young Workforce** - Children will develop skills for learning, life and work through practical, hands-on involvement with Ecology, taking responsibility for caring for lives – plants, wormstock, self and community. They will link with local businesses and members of the community to share skills and expertise, while also gaining knowledge of a range of vocations. They will develop creativity skills, such as problem solving by helping to design and plan the allotment; and open-mindedness by accepting that the project will change as it develops and extends.

**STEM (Science, Technology, Engineering and Mathematics) and food education** - Learning opportunities will be sought across the curriculum, but especially in STEM subjects to allow our children to compete in an advancing workforce. They will take soil samples and explore the needs of different plants as we plan the most appropriate location for them. We will work with the local Field Studies Centre to look at soil through microscopes. Develop skills in measuring, writing, project design, graphics, crafts etc. The children will be given the skills to help build parts of the kitchen garden such as the raised beds and fences. Food preparation will obviously play a huge part in this project.

**Inequity/attainment gap** - All children will be invited to take part in the project but there will be additional opportunities and support available to children who may not otherwise benefit from such experiences at home. Class teachers will be asked to suggest which children will also benefit from spending additional time on this project. Children with additional support for learning needs will be given additional time in the allotment with the support they need to access it fairly.

**Digital Learning and Food Education** - Children will be asked to document the progress of this project on their Glow blogs, school website, Facebook page and Twitter. We will also work closely with CUmbrae Community Radio Station and present shows to inform the community of our achievements.

**Progressive Interdisciplinary Learning around food education** - The project will be used as a basis for learning across all areas of the curriculum and will be written in to our Curriculum Rationale and Curriculum planners. Food Education is a main priority in North Ayrshire's Health and Wellbeing strategy. They will be asked challenging questions for them to solve using strategies appropriate to their level of understanding and independence. There will be cross-age working to allow children to learn from each other, at a level appropriate to them.

**Learning for Sustainability and food education** - The project will be an ideal opportunity for children to apply their knowledge of issues of sustainability to real life, practical experiences. They will explore food waste, reducing water, recycling and Fairtrade, it's relevance in Scotland and global outreach. They will explore equity in the distribution of food locally, as well as internationally through our work with UNICEF as our Global Citizenship committee lead us to becoming a Rights Respecting School.

**Outdoor Learning and food education** – We use the outdoor environment very effectively at Cumbrae Primary across all curricular areas but using it for a planned food project is a new initiative which we anticipate having long term benefits for the whole Cumbrae community.

**Parents/Community and food education** - Parents and the community will be invited to work with us at every stage of the project. This will enable them to share their skills and knowledge with the younger generation and others. They will be invited to spend time in school, with their child(ren) as they prepare food products from the fruit and vegetables. The children will create healthy recipe books to be used at home and parents are more likely to prepare new recipes if they have been involved in growing the produce. Special events will be delivered regularly to share knowledge of seasonal fruit and vegetables and to share successes as the project develops. Ideally, the produce will be used in recipes and also sold during open days and fayres. Cumbrae Community radio will be heavily involved in promoting the project and The Garrison Cafe will support us and develop work experience opportunities for the children. We will also develop intergenerational days which is important to us as Cumbrae has an aging population in danger of becoming quite isolated.

**Becoming a Good Food Nation** - The children will have a much greater awareness of where their food has come from and as a result, will hopefully be more respectful of food and waste it less. We would also like to see them making healthier choices at school and at home. This will form part of our evaluations on the impact of the project.

**Better Eating, Better Learning** - The project will allow us to share the vision of Scotland as a 'Land of Food and Drink' by placing food, through outdoor learning, at a central place in the curriculum. We will use the Better Eating, Better Learning self-evaluation materials to help us ensure we become a model of best practice in our local area.

**Beyond the School Gate** – Ideally, as the kitchen garden becomes more established, there will be enough produce to make stronger links with the Garrison and Cumbrae Parish Church and sell produce to the café and tea room there. Many of our children visit the Garrison and it is hoped this partnership will allow us to share our recipes with them and thereby help to develop healthier options on their menu. We will also make links with the local further education college whose students will come and teach us food prep hygiene and good practice.

Our main considerations for this project are :-

1. For most of us health is a lifestyle choice
2. Health is a skill set – 'growth mindset' we can change our health status
3. Key concept ..... 'organic....fresh....local....seasonal'
4. Eat yourself healthy
5. Grow Food Nature's Way .....food for free!
6. It takes know how ..... not money!
7. Step 1 See it – Learn by demonstration of best practice
8. Step 2 Taste it – Be converted by eating it – tastiest and most nutritious
9. Step 3 Do it – Learn by doing – we'll show you how

## SECTION 6: YOUR PROJECT BUDGET

Please include a breakdown of costs. Consider how you intend to ensure the fund will build a legacy for food education in your school. Rows may be added if necessary.

PLEASE NOTE LIMITED OR NO DETAIL MAY RESULT IN YOUR APPLICATION BEING UNSUCCESSFUL.

<b>Detail</b>	<b>Amount</b>
Supply cover (if applicable) for one practitioner to attend the <b>support event for successful bids (note, this will take place in September 2018)</b>	100
Travel and subsistence to attend support event	35
Allotment annual cost	50
Greenhouse & equipment	400
5 Raised beds	250
Seeds	100
Shed for equipment	400
Cooking equipment	400
Wormery start up equipment	50
Travel costs for visits/ visitors to/ from island	150
<b>Food for Thought Total Expenditure</b>	<b>£ 1915</b>
Any additional Income	<b>£</b>
<b>Total Project Expenditure</b> (receipts for items of £500 + must be retained)	<b>£1915</b>

## SECTION 7: How will we assess your application?

Criteria	Score (0-4)	Weighting (1-5)	Max Score available
How well does the bid provide progressive, high quality learning experiences in food education, allowing learners to develop their knowledge and skills?		5	20
How well does the bid provide the opportunity to build sustainability and capacity for future development?		5	20
How well does the bid engage with the national initiatives and guidance along with the overarching themes		4	16
How well does the bid represent value for money?		3	12
Is establishment receiving FfT funding for the first time?		1	4
<b>Total</b>			<b>72</b>

The criteria above will be scored using the following scale (with the exception of the final criteria).

0	Unacceptable	Nil or inadequate response. Fails to meet the requirements.
1	Poor	Response is partially relevant but generally poor. The response addresses some elements of the requirements but contains insufficient/limited detail.
2	Acceptable	The response addresses a broad understanding of the requirements but may lack details on how they will be fulfilled in certain areas.
3	Good	The response is sufficiently detailed to demonstrate a good understanding and provides details on how the requirements will be fulfilled.
4	Excellent	The response is comprehensive, unambiguous and demonstrates a thorough understanding of how the requirements will be met in full.



## SECTION 8: YOUR STATEMENT AND SIGNATURE

### Before submitting your application, please ensure that you have:

- ✓ answered all sections and questions
- ✓ *not* submitted a copy of a previous application
- ✓ *not* submitted the same application as another establishment
- ✓ signed the form using a digital signature if possible

If you are successful, we will inform you by email **by the end of June 2018** and the grant letters will be issued to authorities **by the middle of July 2018**. (We will also contact all unsuccessful establishments by email by the end of June.) On receipt of the correctly completed funding letter from your authority, funding will then be transferred to the local authority, where schools will then be able to download their allocated funding so that projects can begin in **August 2018**. Once we have awarded a grant we cannot give any more funding for the project.

### Monitoring and Evaluation of your Grant

We need to monitor your grant so that we can account for how you have used our funds. This will be ongoing throughout the duration of the project and will contribute to the final end of project report. Please note that we will ask you for an end of project report in full by the **end of January 2019**.

### Publicity

Information on grants awarded may be made public by Education Scotland. Images submitted in support of your application may be stored electronically by us. If we later seek to use these for publicity purposes, we will contact you in order to obtain permission to do so.

### Complying with Conditions of Grant

You must keep to the grant conditions shown in both our offer letter and any accompanying documents. In particular:

- ✓ you must not make changes to your project without notifying us first
- ✓ you must carry out your project in line with the timescales given in your application, and within the time limits shown in our offer letter, It is very important that you let us know about any delay or difficulties in keeping to the conditions so that we can give advice and help as necessary
- ✓ you will be required to acknowledge our funding in any publicity relating to this project

### Your Statement

I confirm that all the information in this application is true and correct.

I confirm that I am happy for you to provide copies of this form to any person or organisation you need to consult about this application.

I note that any grant awarded will be subject to standard and specific conditions.

I confirm that I have the power to accept the grant under conditions you set and to repay the grant if we do not meet them.

Name	Julie Sharman
Position	Head Teacher
Digital Signature	Julie Sharman
Date	21.5.18

Submit application by email to [foodforthought@educationscotland.gsi.gov.uk](mailto:foodforthought@educationscotland.gsi.gov.uk)

