



Lessons in Loaf
Bakers Report 2019

This last year, over 800 primary school pupils got the opportunity to take part in learning how to grow wheat, harvest it and then how to bake it. They became farmer and baker to understand the whole process so that they will value the food that they eat and understand the time and care that has gone into growing it and producing it.



We launched Lessons in Loaf-London this year which opened up the opportunity to schools that are not Grow Your Own Playground schools to take part in this project. The Worshipful Company of Bakers gave a grant of 50% of the cost to schools in Tower Hamlets and Newham and two schools signed up to take part this year.



Lessons in Loaf- London
Would your school like to grow wheat and make homegrown bread?

We can build the planter, plant the seeds with a class and help to maintain your wheat planter for the rest of the year until harvest time. Then we will run the Lesson in Loaf to teach your pupils how to mill their own Flour, and then turn it into a delicious loaf of real bread to take home to share with their family.

The project is available to primary schools across London so if you are interested in finding out more, please email your school details to cassie@growyourownplayground.com or fill in the form below. This year we are delighted to announce that three schools in **Newham** and **Tower Hamlets** will be given **50% off the price** of the whole package through the generous support of the **Worshipful Company of Bakers**.

Maria Lewington, headteacher at John Scurr Primary School: 'We so look forward to our Lessons in Loaf. The baking day is full of meaningful and collaborative learning. Every part of the curriculum is alive throughout the day and every child receives and experience that will stay with them for the rest of their lives.'

Lessons in Loaf: London is run by school food expert Cassie Liversidge. Having been helping schools to grow wheat to bake into bread since 2010 as part of Grow Your Own Playground, she has the experience to ensure a smooth and professionally run programme. The other partner in the programme is the Real Bread Campaign, part of the food and farming charity Sustain, which also runs London Food Link and its Capital Growth network of community food growing space.

Bangabandhu Primary school and Globe Primary School both in Bethnal Green were the two schools to take part in Lessons in Loaf-London.

I went in early on in 2019 to plant the wheat with the pupils and to teach them about seed germination and growth and then at the start of the Autumn term we returned for the baking day. At Globe we ran the lesson with 60 year 4 and 5 pupils and I had feedback from a parent after this lesson to say how thrilled her daughter was to have taken part. She insisted that her photo was taken with her loaf of bread (which was shaped like a bunny rabbit) when she got home before anyone was able to eat it and she then proceeded to tell her family all the amazing facts that she had learnt that day and posed the following question to her family: "If yeast is a alive is it okay for vegans to eat it?". I think this was a triumph!

There were 30 pupils who were in a mixed year 4/5 class and they missed out on the initial lesson. Because of the pupils feedback and parents pressure, the school called us back in to run another lesson with these other children. The pupils loved the whole experience and both schools would like to take part again in 2020.



Grow Your Own Playground has now grown to work at 11 schools and all of these schools took part this year. It is one of the schools favourite workshops of the year.

With advice from Kathy Hooper, I started to keep a notebook to document some of the comments made by pupils during their lessons and here is a selection:

'The yeast smells really bad, but it's amazing it makes great bread'

'I learnt that a grain of wheat contains three parts and they are good for you'

'Yeast smells like dirty socks!'

'I am going to be a great baker, I am going to bake for Dominoes...' !

'I realised you don't have to go to the shops, you can make your own bread.'

This is the best day at school....ever!'

'I liked the dough and I was surprised we could get messy!'

'I am looking forward to telling my family in Mexico that I can make bread because they make their own bread as well!'



Teachers comments:

'One pupil was so much calmer once their hair was tied back and their apron on'.

'Pupils were so engaged with the lesson'.

'I noticed children who do not normally put their hands up, answering questions today'.

'I was appreciating the practical maths links'.

Over 800 children aged between year 1 (Aged 5) to year 5 (age 9) got to take part and I am proud of delivering this lesson to so many.

We were graced with the help of some wonderful volunteers this year.



We were delighted to have the help of two National Bakery Students to many of the lessons this year. Yvonne Daley and her friend Aklil provided us with a great deal of help and got on with whatever needed to be done so a huge thank you to them for giving up their time.

Company member David Hall also came to help at some lessons and was very pleased to witness the quality of the workshops we deliver. He kindly sent Anna and Sylvia, two of his colleagues to help with the enormous workshop of 90 pupils at Portway primary school. We enjoyed David's demonstration of traditional loaves of bread from around the world.

We also had the support of Company member, Kathy Hooper who brought her own expertise in the field of education to the workshops.

I would very much like to thank Chris Tompkins and his wife Gillian who continue to be a huge support with these lessons. Chris came to the majority of lessons and he has become a vital part of the team. The pupils love his demonstration on how to make a hedgehog, crocodile or a one string plait and so do we!!

It is important part of the lesson that pupils meet people with a wealth of experience behind them so that it can open up ideas and opportunities as to what they would like to do in the future and also what kind of person they would like to be. All the volunteers respect the schools protocols and are professional even when faced with challenging behaviour, and the pupils very much value this opportunity to meet them. Please encourage more members or students to take part next year.

A total of 13 schools took part and we hope this will grow again in 2020. With the support of the Worshipful Company of Bakers we can continue to offer this incredible lesson and I very much value their support to get this project out there for more children.



Cassie Liversidge

Grow Your Own Playground