



Prendergast C.P. School

Parental Engagement Through Cooking Sessions



THE BENEFITS

Families came together with a variety of members attending the sessions – from mothers, fathers, grandparents, to older siblings who were often ex-pupils. These sessions provided quality bonding time for families; bringing them together over a shared love of food. Some pupils chose the same session as their friends, so it was a social gathering as well as a learning experience. These sessions have up-skilled the families in our community and raised awareness of sustainable, affordable and healthy living.

PARENT QUOTES

"Thank you so much for the opportunity to learn new and healthy meals."

"I hope there is another session in the future."

"It was a lovely opportunity to spend time together and learn new skills. The children enjoyed it very much!"

"Awesome tips on how to save money while preparing amazing delicious meals."

OVERVIEW

Prendergast CP School is a large primary school with a total of 447 pupils on roll. As a school, we always want to improve parental engagement; to work together with families to support and improve our pupils' learning, attendance, development, health and wellbeing.

As part of our Bocs Bwyd project, and with grant funding, we took recommendations from our parents and pupils. Cookery sessions were organised via Springboard during school hours and a nutritionist from HealthAspire after school. The aim being to support positive parenting and promote healthy living, thereby boosting curriculum and encouraging attendance.



TOP TIPS

- Cookery books published with pupils' recipes to build confidence, showcase healthy recipes and raise money for the school.
- Arrange some cooking sessions after school to reach working parents too.



Prendergast School
FREE FAMILY COOKERY
WORKSHOPS

DATA Gathered from 21 feedback forms

95% enjoyed the cookery demo.

90.5% will use what they have learnt, as well as the recipe, to cook meals at home.

95.2% agreed that the session leader was informative and provided tips on cooking.

95.2% felt it was a great opportunity to spend time with their child(ren) at a school event.

95.2% would recommend the session to others and sign up for similar sessions in the future.