



Welcome 'sowers and growers'

At Westvale Primary School, in the Nursery Class, we are very excited and lucky to be taking part in the brilliant 'Sow & Grow' experience along with other primary schools across the country. This is a fantastic experience and something we are all very excited about.

The children will have the opportunity to grow cress, baby carrots and runner beans. 'Sow & Grow' have packed in lots of extra ideas, suggestions and activity sheet templates for the children to fill in. The activities cover a wide range of topics and will have children mapping growing charts, understanding the history of different fruit & veg and using their senses to create magnificent fruit & veg art.

Nursery have decided to take part as we know that not everyone is able to grow at home and we know how hard it can be to include food education into home life. We look forward to having a class that's engaged and enthusiastic about healthy eating and growing.

Your role...

Don't forget that our budding veggies need plenty of love and care – even when school's out. For this year's 'Sow & Grow' campaign we'll be encouraging children to take their 'Sow & Grow' cups home at the weekends and during the holidays. This is to make sure the seedlings get enough water and are looked after when school's out. It is also an opportunity to bring 'food growing' into the home, so the children can impart some of their brilliant new knowledge to the big people in their lives, and encourage them to 'Sow & Grow' too.

You will need to make sure your child looks after their veggies and brings them back to school every Monday so we can all watch them grow in school as well.

We look forward to sharing this exciting opportunity with you as always.

Nursery Staff at Westvale Primary School