

Erasmus+ project



Mens sana in corpore sano



In October 2015, East Barnet School began the first part of the international project Erasmus+ along with 5 other European partnering schools. The project's focus and title is ***'Food, nutrition, eating habits, health and diseases at European schools as an (inter) cultural mirror'*** and spans over two years. The other partnering schools involved are from Austria, France, Italy, Poland and Spain and it was a foregone conclusion that our A-Level Food students should be involved due to the focus of the project. This would not only further enhance their overall knowledge of this subject but would also provide an opportunity for our students to develop both personally and professionally as they would gain valuable international experience whilst broadening their horizons to discover new cultures and new ways of working.

The first Transnational Teacher's Planning Meeting (TPM) was in Austria in October 2015 where Ms. Eulalee Connor went to plan and organise the structure of the whole project. The format of the project follows a rotation of exchanges between all schools (two countries travelling at a time to the hosting country) focusing on a specific topic relating to the popular Latin ***phrase 'Mens sana in corpore sano' – 'Healthy mind in a healthy body'***.

So far we have completed the first year of the project where 5 exchanges have already taken place between all countries. East Barnet school students went to Spain in March 2016 where, despite the fact that they had to stay in a hotel rather than with the Spanish families due to safeguarding issues, they still formed lasting friendships with both the Spanish and Austrian students, which have continued to grow. East Barnet School hosted the teachers from each country in June 2016 where the second phase of the project was organised and planned.

Since then East Barnet School has hosted the Italian and Polish schools in October 2016 where a range of trips and excursions as well as classroom immersion activities were carried out with the focus of Health being the main objective of this exchange. The Italian and Polish students were not able to stay with families in the UK due to not having enough families who were able to host. However, this did not have an adverse effect on the friendships nor the team working activities that took place. On two of the excursions, the visiting schools were able to experience exactly what is involved in the production of high-end, luxury quality foods with the visits to Prestat and Daylesford Organic Farm. There were cooking activities planned where students had to work in groups to produce 'healthier option' dishes/desserts using a range of set ingredients. This was very exciting as many students decided to make their own culturally inspired food and were able to share this with each other.

The final exchange involving students will take place in France next year March 2017 and will involve East Barnet School students as well as the Spanish school. The project ends with the final TPM in Italy in July 2017 where the project will be evaluated and a final written report from each country will be submitted.