



Saint Kentigern has long been known for its focus on service to others as well as its emphasis on our five core values: respect, integrity, service, excellence and love. With this in mind, we will be launching the Food from the Heart programme in Term 3, 2020 at the College campus. This programme is a joint initiative with the Parents & Friends Association and has been in place for over 5 years at the Boys' and Girls' School campuses. It has been a practical way to demonstrate the Saint Kentigern community's love and concern for families and staff experiencing challenging times.

Food from the Heart is a voluntary programme whereby families and staff can provide a meal or baking which can be frozen then distributed by the College to those in our community experiencing difficult circumstances. This could be at the birth of a new baby, a bereavement, during long term or sudden serious illness, or any occasion where considerable pressure is experienced.

Recyclable containers will be made available for collection at each of the Chapel Services in Term 3, or at any time from the Goodfellow Centre (Library opposite the Chapel). We invite you to fill the container with a main meal, dessert or baking (providing it can be frozen). The meal can then be delivered back to the Goodfellow Centre where it will be stored in a dedicated freezer ready to be delivered with several other meals.

We are sure Food from the Heart will be a blessing to the recipients, and we appreciate your support in assisting them. If you are under time pressure, a ready prepared meal commonly available at most food outlets would also be welcome. However, please send only freezable items as fresh produce cannot be stored.

If you have any queries, please contact Corinne Stilwell (P&F convener) via email at corinne.stilwell@gmail.com or on mobile 021 442 717. If you know of a staff member or College family who would benefit from this support, please contact Corinne, as above, or Duncan McQueen (Director of Special Character) by email to duncan.mcqueen@saintkentigern.com. Utmost confidentiality will be respected.

Thank you for supporting this initiative,

Russell Brooke
Principal, Saint Kentigern College

Margaret Wind
Chair, College Parents & Friends Association