



YSGOL GYNRADD GYMRAEG LLWYNCELYN

FFORDD Y GRUG, LLWYNCELYN, PORTH, RHONDDA. CF39 9TL

FFÔN: 01443 682491 FFACS: 01443 688167

E.bost/E-mail: admin.ygllwyncelyn@rctednet.net

Gwefan/Website: www.rctednet.net/ygllwyncelyn

PRIFATHRO: MR I E JÔS

TESTIMONIAL FOR THE HEALTHY EATING COURSE

It gives me great pleasure to present this testimonial on the work done by Gerrit Bantjes in promoting healthy eating for adults.

I arranged an INSET day for all the staff of the Rhondda Welsh Medium Schools Cluster. We had 83 members of staff present and though there was apprehension at the beginning of the day, by the first break for coffee, Gerrit had managed to convince everybody of the importance of healthy eating.

This was a day for the staff with the content of the course aimed at adults. The message conveyed on the day was that eating styles can have a marked effect on staff absences within a school as there is a definite connection between what we eat and the days we are out of school. As we all teach children, the energy and enthusiasm that we need in our work everyday is dependant on the state of our bodies which results from the food we eat. To give our best for the children we must ensure that we are at our best physically and emotionally.

We experienced a wonderful day with the course content light enough to keep the interest of everyone present. We learnt a great deal about what is best to eat and we were very surprised by some of the food that is not beneficial to us – some advertised as good for us but in reading the small print can be harmful to our bodies.

Gerrit has a special talent in dealing with this topic with a large audience and obviously knows his subject well and enjoys spreading the news. While introducing new information he very often related a story which made the message clearer and more interesting for us. He obviously believes strongly in the work he does and is able to convey this enthusiasm to his audience. In fact, of all the courses my staff has attended over the years, I do not remember any course that has sparked so much discussion every lunchtime daily since the day of the course. Someone within our staffroom will mention something from the course on a daily basis and this is true in the other schools in our cluster. Actually, everyone watches what everybody else eats now!

I am glad to be able to support Gerrit with this course which was educational, an eye opener interesting and a fun day. This is the kind of course that will stay in our thoughts for a long time.

Eirwyn Jôs (on behalf of Rhondda Welsh Medium Schools Cluster)