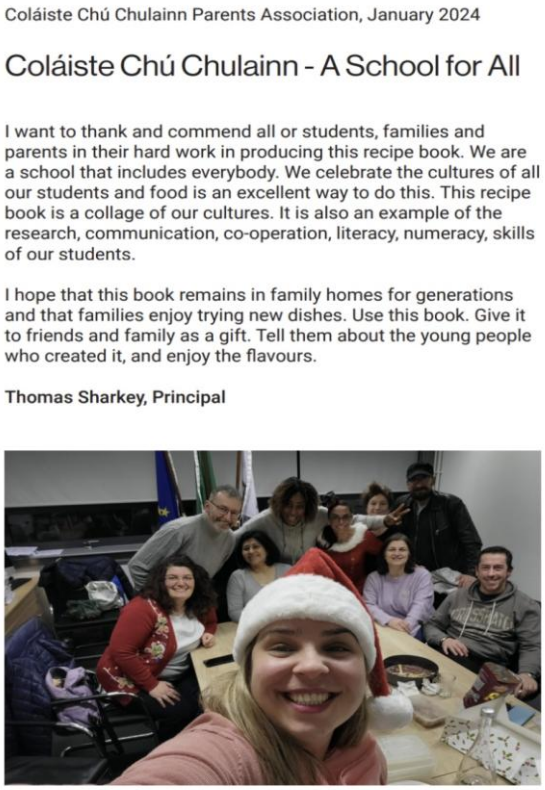
Parents' Committee- Recipes for All

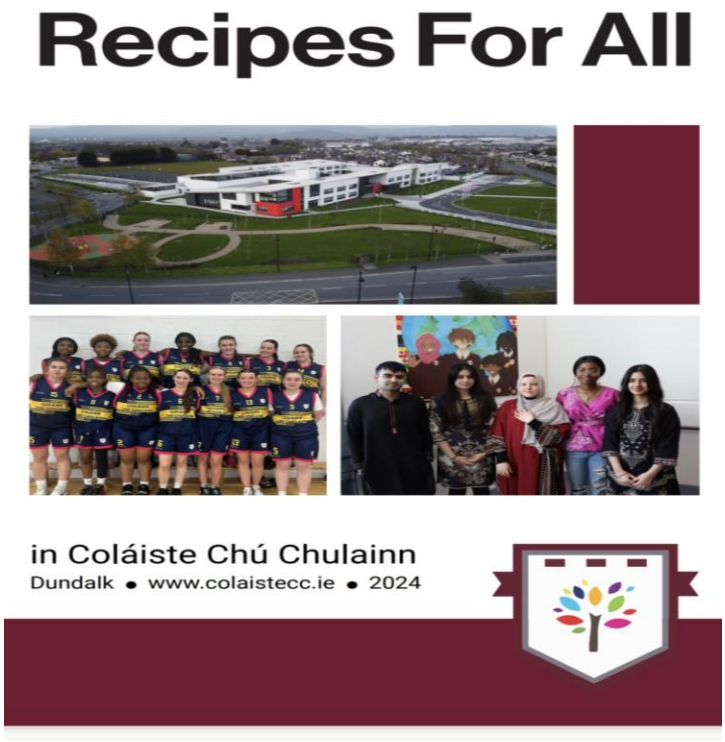

Coláiste Chú Chulainn Parents Association, January 2024

Coláiste Chú Chulainn - A School for All

I want to thank and commend all or students, families and parents in their hard work in producing this recipe book. We are a school that includes everybody. We celebrate the cultures of all our students and food is an excellent way to do this. This recipe book is a collage of our cultures. It is also an example of the research, communication, co-operation, literacy, numeracy, skills of our students.

I hope that this book remains in family homes for generations and that families enjoy trying new dishes. Use this book. Give it to friends and family as a gift. Tell them about the young people who created it, and enjoy the flavours.

Thomas Sharkey, Principal



A Recipe for All – Celebrating Cultural Diversity Through Food

At Coláiste Chú Chulainn, we are incredibly proud of our wonderful **Parents' Committee**, who came together to create *A Recipe for All*, a special recipe book celebrating the rich cultural diversity within our school community.

This fantastic initiative brought together a collection of traditional recipes from the many different cultures, countries and backgrounds represented by our students and their families. Through the sharing of food, family traditions and cultural heritage, the recipe book celebrates the unique identities that make our school community so vibrant and inclusive.

Food has a wonderful ability to bring people together, break down barriers and create connections across cultures. Each recipe tells a story, offering an insight into the traditions, customs and family experiences of those who make up our school community. The project provided a meaningful opportunity for families to share a part of their cultural identity while encouraging others to learn about and appreciate different cuisines and traditions.

Linking to Our School of Sanctuary Journey

The creation of *A Recipe for All* reflects the core values of our **School of Sanctuary journey**, promoting inclusion, belonging, cultural understanding and positive relationships between families.

By celebrating the diverse cultural backgrounds within our school, our Parents' Committee has helped ensure that every family feels recognised, represented and valued. The initiative also highlights the important role parents and guardians play in creating a welcoming and inclusive school environment.

The project reflects the three School of Sanctuary principles of **Learn, Embed and Share**, encouraging our community to learn about different cultures, embed respect and appreciation for diversity, and share the traditions that make each family unique.

We are extremely grateful to our **fabulous Parents' Committee** for their creativity, dedication and hard work in bringing this wonderful project to life.

A Recipe for All is much more than a collection of recipes. It is **a celebration of culture, community, friendship and belonging**, demonstrating that while we may come from different backgrounds, we are all part of one welcoming school community.

This initiative beautifully reflects our school ethos of **"Success for All"** and our commitment to ensuring that everyone at Coláiste Chú Chulainn feels that they belong.