

14<sup>th</sup> September 2018



Dear Parents and Carers of Children in Red and Blue Classes

### **School Lunches**

Next week all children in Reception will be staying in school for lunch and enjoying taking their next steps in settling into the school day. As you are already aware, school meals are currently free to all children in Reception and Key Stage 1 and we really hope that you will take up this offer as our school meals are both tasty and nutritious. The guidelines which our cook and kitchen staff follow have been devised to ensure that children have access to a well-balanced and healthy meal at lunchtimes. We also find that children who eat school meals are often more adventurous with food choices beyond the school dining room and they certainly enjoy the social aspect of choosing a meal and eating with their friends.

We have attached a menu for you to look at to assist you in making the initial decision about your child's option and as a reference so that you can talk to your children about their daily choices and encourage them to try different foods. Reception staff also talk to the children each day about what's on the menu and support them in deciding what to choose. The menu is based on a three-week plan and next week will be Week Three (the purple box). There is always a vegetarian option which is similar to the meat option for that day, for example on lasagne day there is a Quorn lasagne and a meat lasagne. There are lots of fresh vegetables every day as well as a salad bar. For those of you with concerns about allergens there is a full list on the City Council website which corresponds to the attached menu. The menu can vary slightly at times but the staff endeavour to follow the published menu as far as possible.

In the early days, the Reception staff stay with the children in the hall and assist the midday staff in helping the children to make choices, to find somewhere to sit with their friends and to cut up their food. We gradually expose the children to more choices so that they are not overwhelmed to begin with and we make sure that the kitchen staff and the school cook are aware of dietary requirements. We hope that you will support us at home in reinforcing the need to:

- Say please and thank you to the staff who serve the meals.
- Use cutlery as far as possible.
- Try everything that they choose.
- To remain seated at the table.
- To talk to their friends and enjoy the experience!

We are expecting the great majority of children in Reception to choose a school meal but if it suits you and your child to have a packed lunch then we will also make sure that he or she is able to enjoy the experience. There is a full set of guidelines for packed lunches on the school website (Parents/School Meals Menu and Information). If your child is changing from packed lunch to a school meal, or vice versa, we need a week's notice. Please let Mrs Dickie or Mrs Whatnell know.

We have sent this letter out on paper so that you all have a copy of the menu at hand, however most other letters will be emailed to you via ParentMail. All parents/carers have had an invitation from school to create an account, please make sure that you have done so and do let us know if there are any problems. If you have deleted your invitation message, Mrs Dickie can resend it. As always we are here to answer any questions and talk to you about any aspect of your child's experience in school. Do not hesitate to contact us if you have a concern or a query.

Best wishes,

Helen McKenna  
Headteacher