

ENTITLEMENT TO FREE SCHOOL MEALS

From September 2014, all children in Infant schools, that's Reception, Y1 and Y2, in England will be entitled to a free school meal, regardless of household income. This has been introduced by the government to ensure every child has a nutritious meal at least once a day. It is also expected to save families up to £400 a year per child. In addition Steel City Schools Partnership has agreed to extend this offer to include the children in our Nursery settings who stay and have full day provision.

Although it doesn't apply to all, a lot of children do not get the nutrients they need to be able to concentrate and do well at school. To ensure that every child has the best start to their learning experience, free meals are being offered to Nursery, Reception, Y1 and Y2 children from the September 2014.

We have been running trials to see how this will impact on lunch times and are happy with how they turned out. We are also working with students to create lots of interesting menus.

The offer of a free meal will not affect your entitlement to claim free school meals for older children.

Further Information

Want to know more? Here are a few sources of further information that could help.

Children's Food Trust

www.childrensfoodtrust.org.uk

An independent organisation dedicated to improving what children eat, so that every child has an opportunity to reach their full potential. Visit their website for further information on child nutrition and school food.

Sheffield City Council

www.sheffield.gov.uk/education

How to apply for free meals for older children, why you should choose a school meal and the benefits to children for eating nutritious foods.

British Nutrition Foundation

www.nutrition.org.uk/nutritionscience/life/school-children

Basic information on what sort of food young children should be eating, portion sizes and nutritional and energy needs of children. The site also gives advice on how much exercise children should get and information on school food.

STEEL CITY SCHOOLS
PARTNERSHIP



SCHOOL MEALS

INFORMATION FOR
PARENTS ABOUT MEALS
AT LUNCH TIME AND
UNIVERSAL ENTITLEMENT
TO FREE SCHOOL MEALS

Fox Hill Primary
Principal—Matt Revill
0114 231 3469

Mansel Primary
Principal—Catherine Skinn
0114 232 1279

Monteney Primary
Principal—Clare Hayes
0114 246 7916

SCHOOL MEALS

Lunch time forms an important part of your child's school day, not only in terms of giving them a chance to have a break from learning, but to also refuel ready for the afternoon's lessons.

It is important that children get all the right nutrients in order for them to be at their best in class. There are recent studies which show children who eat a healthy, nutritionally-balanced meal in the middle of the day, will do better in both their learning and behavioral development.

With celebrity chefs showing what some primary schools feed the students, most parents now opt for a packed lunch for their child. Unfortunately as few as 10% of home-made packed lunches are actually healthier than the meals provided by the school. At Steel City Schools Partnership our catering staff are working very hard in planning menus that are appealing to the students AND nutritional and healthy.

Even if you pay for school meals, at £9.90 a week it is worth knowing that your child is getting nutritious, locally-sourced food (where possible) and dishes that they enjoy. It is also hassle-free!!

SCHOOL MEALS vs. PACKED LUNCH

Here we have given a typical example of what a school meal would consist of, in comparison the typical packed lunch.

School Meal

- ⇒ Every pupil is given the choice of a hot meal, or a sandwich choice. With the hot meal, they get to choose from one of the main dishes on offer, or a jacket potato (with a filling of beans, tuna, or cheese)
- ⇒ A portion of carbohydrates—usually potatoes, rice or pasta—is provided with each of the main two dishes. Only two fried dishes can be served each week, so we like to alternate between roast potatoes, chips, and mash.
- ⇒ When serving a meat dish containing mince, or things like sausages, they must have a low fat content. Our sausages are sourced locally from Cannon Hall Farm with a 70% meat content and baked with no added fat or salt.
- ⇒ Crisps, chocolate bars and fizzy, sugary drinks are not allowed to be served. Alternatives such as milkshakes, fruit pots and vegetables are offered, with at least 2 fruit and veg portions available every day, along with a salad bar for students to help themselves.
- ⇒ Vegetarian options are available each day.

Packed Lunch

- ⇒ Usually contain sandwiches made with white bread, butter, sauces and spreads which all contain a lot of fat, sugar and salt. These can add anything up to 400 extra calories to a sandwich alone.
- ⇒ Snacks in lunch boxes include chocolate, crisps, cakes... All of which are high in sugar but provide little energy or nutrition to the student.
- ⇒ Very few lunch boxes contain any portions of fruit or vegetables. Everyone should have at least 5 portions of fruit or vegetables a day, as they provide vitamins and nutrients the body needs to be able to work properly.