

September 2016

Dear Parents and Carers

As many of you will be aware every pupil in Reception, Year 1 and 2 will be eligible for free school meals and from January, new food standards are being introduced.

However I wanted to write to you to ask you to fill out the enclosed forms so that the school can continue to receive extra funding through the pupil premium grant.

Good food and good food culture has been shown to lead not only to healthier, happier and more fulfilled children, but to improved educational attainment. Evidence from those areas that already provide universal free school meals, is that children eat more healthily and perform better academically. Schools in those areas have also reported improved behaviour and atmosphere as a result of all pupils eating together every day.

Lunchtime is a great opportunity for all our children to sit down together and enjoy their healthy and tasty meal, while developing their very important social skills. We therefore hope that all parents in Reception, Years 1 & 2 will take up this offer of a free school meal.

The cost of a daily meal for children in Years 3, 4, 5 & 6 is **£2.15**. We feel that this is good value. We hope that all parents will choose school meals for their children. If you chose to provide a packed lunch we will be introducing packed lunch guidelines. Routine monitoring of packed lunches has shown us that the quantity of processed sugar and salt in packed lunches is startlingly high. The inclusion of fruit and vegetables is on the decline. It is important that our children have healthy meals in the day as the quantity of sugar and processed carbohydrates has a significant negative effect on learning and mood in the afternoon.

We ask that **ALL PARENTS and CARERS** fill in the school meals registration form, including parents with children in Reception, Years 1 & 2. This is important so that we can continue to register pupils who attract the pupil premium grant, which is worth £1,300 a year per pupil for our school. If you have any questions, please contact Lenka Jenks who deals with all the FSM registrations. Parents will not have to apply through Barnet enabling us to ensure that this is a strictly confidential service.

I hope you will take advantage of this opportunity for your child to enjoy a healthy, balanced and nutritious meal every day.

Yours sincerely,

Hugh Vivian
Headteacher