



Sedbergh Primary School

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Dear parents, carers and families,

Sedbergh Primary School has been working in partnership with Settlebeck School for many years to provide quality school meals for your children each lunchtime. Recently, based on your feedback, we have been reviewing this service. My hope, is that an increased number of children take up the opportunity to have a cooked meal at lunchtime provided by Settlebeck School. However, I do realise that this is a matter for each individual family.

We are aware that some parents have a concern about portion sizes, as children sometimes complain about being hungry at the end of the school day. It is important to note that the menus and portion sizes served are based on national guidelines set by the School Food Standards – a new set of guidelines for school that came into force in January 2015. You can use the following web link to learn more about these or search 'school food standards' on the internet. <http://www.schoolfoodplan.com/actions/school-food-standards/>

In light of your feedback, we have made some adjustments to portion sizes. However, it is worth considering the following points;

- Some children do rush their dinner and decline to ask for seconds as they are in a hurry to leave the dining room and want to be out playing with their friends.
- Snacking – children often bring a snack to school for morning break but don't have a snack in the afternoon. This might mean that children feel hungry at the end of the school as this is the first time their stomach has been empty all day.
- Water – research suggests the thirst is often mistaken for hunger. We encourage children to drink plenty of water during the school day to make sure their brain is in the best condition for learning.
- There is very little waste during lunchtime. The kitchen team work hard to ensure children eat a balanced meal. Extras are always available to children, but this might mean extra veg rather than just another helping of the main food item.
- If you do have a concern about your child's meal, please do come and speak to me directly so that we can work together on a solution to the problem.
- Settlebeck might be able to provide a sandwich option in the summer term (that children could eat outside). Please let me know if you think that this might be a good idea.

And finally... Pat in the kitchen would be happy to hear the children's ideas about what they would like to see on the menu. Your child could list 3 items to be considered for the menu and Pat will see what she can do.

Yours sincerely,

Matthew Towe

