



COLNEY HEATH SCHOOL & NURSERY

High Street, Colney Heath, St. Albans, Herts, AL4 0NP

Telephone: 01727 823898
E-mail: admin@colneyheath.herts.sch.uk
Website: www.colneyheath.herts.sch.uk

Headteacher: Mr. P. Rose

Dear Parent/Carer

It is always fantastic to see so many of our younger children enjoying their lunch, although we are often surprised by the number of children who are having a packed lunch from home, especially as they are able to have a free school meal.

The Universal Meal Government Initiative was introduced about 6 years ago and is not guaranteed to be made available forever (although we have not heard plans to stop it at this time). By taking advantage of your child having a free school meal you are **saving up to £532 per year**.

We are very lucky to have an established team working in our kitchen who know our children very well and offer well cooked, balanced, healthy meals every day. We also understand our children and their needs and cater for them, for instance if a meal choice is proving to be unpopular with the children, we will change it so that we keep ensuring our children have the full three choices of meals available. We even offer a 4th choice on two days a week.

Having a well-balanced meal has been proven to enhance the concentration of children during the afternoon.

Some questions that are frequently asked by parents who are deciding to change over to school meals:-

Q: How long is Universal Free School Meals given?

A: All children in Reception, Year 1 and Year 2 are entitled to a free school meal. From Year 3 and upwards a charge for the meal is made unless you are entitled to benefit related Free School Meals.

Q: Is Universal Free School Meals related to my income?

A: No, all children in Reception, Year 1 and Year 2 are entitled to Universal Free School Meals and this benefit is in no way connected to your household income.

Q: My child has tried it but doesn't like queuing for their meal.

A: We regularly serve 140 children in a half hour period, to help with our younger children who get hungry earlier we start lunch service at 11.45am and Year 1 and 2 follow straight behind. They are never in the queue for very long!



Q: My child loves school meals but there are odd days that they don't like the menu choice, does he/she have to have a meal every day?

A: No, we are happy for children to 'dip in' to school meals, the important thing is that they are trying different foods, eating with their peers and learning social skills whilst doing this.

Q: How will my child know what have?

A: Each day the menu is discussed at registration and the teachers will help the children decide. However, with the younger children we would encourage you to have a chat to them before school about what you think they would like.

Q: I have told my child that they won't like a meal as they never eat it at home and that is why I have given them a packed lunch!

A: Wherever possible we would encourage you to allow your children to make up their own mind about the food we serve. An example would be a parent telling a child that they won't like curry..... in fact curry at school is one of the most popular meals on the menu. Our meals are prepared with our children in mind and in many cases it is their first introduction to food that they would not normally have at home.

Q: Can I have the recipe for the school chicken pie? My child says it is the best ever!

A: Yes, Mrs O'Neill will be delighted to provide you with the recipe.

Q: My child doesn't like vegetables very much and I don't want them forced to eat them.

A: The children generally have the choice of 3 vegetables which we will always encourage them to try but if they don't like the choices there is always a salad bar which the children can help themselves to and have as much as they want.

Q: My child keeps ordering the 'Yellow' packed lunch option. If this is the case then I may as well provide a packed lunch from home.

A: Of course you are more than welcome to do this but do bear in mind that your child will receive the meal at school free of charge. It is also worthwhile bearing in mind that the roll/baguette with filling is placed on a tray like all hot meals and your child can still have all the vegetable options and help themselves to the salad bar. They are also able to choose a desert option.

We hope that this has been helpful to you, but if you have any other questions that you would like answered, please drop in and see us.

Kind Regards



P. Rose
Head Teacher

