



Nant-y-Parc Weekly Newsletter



Contact details:

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14th July 2023

SCHOOL OF THE YEAR

Nant-y-Parc has been chosen as World Class School of the Year by the WCSQM organisation. After being shortlisted as one of five schools across the UK, we were successful in winning the title. Again, we are so proud of this achievement and want to thank our learners and parents for engaging in the assessment process for this award. As part of the World Class Schools network, we will collaborate with other schools across the UK to ensure that our teaching and learning experiences remain world class.

SEPTEMBER 2023

Just a reminder that the new academic year will start on Friday 1st September. Please try your best to ensure your child wears school uniform which is a white or red polo top, a red cardigan or jumper and black bottoms. If they wear a P.E. kit, this should be a red T-shirt, black shorts, or joggers.

WELSH GOVERNMENT CARERS SUPPORT FUND

The Welsh Government Carers Support fund is open!

These are available in;

- Caerphilly
- Cardiff
- Monmouthshire
- Vale of Glamorgan
- Rhondda Cynon Taf
- Merthyr Tydfil

Regarding grant eligibility, the funding is limited to one grant application per household, and carers who benefitted from this fund's previous rounds cannot receive another grant. The grant is to support people struggling with essentials and will be provided via vouchers to buy groceries; household items (cookers, fridges, beds, washing machines, etc.); clothing and necessary technology. Please note, the carer must live in one of those areas, no matter where the person they care for lives.

We plan to have the grant open for applications from the 10th of July until the 21st of June but may need to close early depending on demand and the remaining grant funds. The best advice to carers and any partners you share this opportunity with is to check back regularly.

Please apply by following the link below ensuring you meet the eligibility criteria mentioned above.

[Want To Apply for A Grant - The Care Collective](#)

Please contact Hannah Rees – Hannah.rees@thecarecollective.wales with any queries.

A FINAL MESSAGE

As another academic year ends, we want to wish all our learners and their families a happy and healthy summer. Thank you for all your hard work and support over the past year. It has been so refreshing to finally feel like we are back to normal in our school and can enjoy community events once again. Stay safe over the holidays and make lots of special memories with each other. We can't wait to hear all about them in September.

To our Y6 pupils – wishing you lots of luck as you enter the next chapter of your education and move to comprehensive school. Always remember where we are, and we are so proud to call you past pupils of Nant-y-Parc.

Value of the month: **Cooperation**

A peek at the next few weeks...



Diary Dates

17.07.23 – 20.07.23 WOW Days – Kids Camp
 19.07.23 Toy Day & Pyjama Day
 01.09.23 School opens for pupils

Term Dates

20.07.23 End of summer term 1:15 pm finish
 01.09.23 Start of autumn term
 29.09.23 INSET (school closed to pupils)
 06.10.23 INSET (school closed to pupils)
 30.10.23-03.11.23 Half Term
 21.12.23 End of autumn term 1:15 pm finish)

BEING RESPECTFUL

As a school, we pride ourselves on maintaining positive relationships with parents and pupils. We also pride ourselves on communicating effectively with parents using various forms of communication to ensure that messages have been passed on and that no parent/pupil misses out on key events. However, in recent weeks, several staff members have reported that they have been spoken to in an unacceptable manner as a result of correspondence not being read by parents. We are not responsible for your actions and if you choose not to read the information which is shared, then please do not take this frustration out on staff. As I am sure you can appreciate, staff have a hard enough job in trying to ensure that ALL children are constantly receiving the most amazing opportunities, and whilst you only have to think of your child/ren, they must organise up to 30 children at any one time.

Please note that if you call the school and speak to staff in an aggressive manner, or approach staff in this way, they will refuse to speak to you until you have calmed down. This may mean putting the telephone down until the situation has been defused.

Dear Parents / Guardians

Free School Meal Holiday Payment Arrangements for Caerphilly

– Summer Holiday 2023

On Wednesday 28 June 2023 Welsh Government informed Council's across Wales that they would no longer provide Free School Meal Holiday payments, with immediate effect.

This announcement generated a lot of feedback from families who were relying on this payment. As a Council we actively listen to the needs and concerns of our communities and the lateness of this announcement had clearly caused distress.

We are aware that the ever-increasing cost of living has become a significant burden on our communities and put a strain on household budgets.

Caerphilly's Cabinet have agreed to provide a **one-off payment** of £19.50 per week, per child, to eligible families for the school holiday period commencing Friday 21 July 2023 and ending on Thursday 31 August 2023.

This decision has been taken to cushion the impact of late withdrawal of funding by Welsh Government.

The total funding per child will be £117 for eligible families as at Friday 21 July 2023. If you become eligible for free school meals after this date, you will receive a reduced amount.

We have committed to lobbying Welsh Government to reverse this decision as the Council is only able to fund this **one-off payment for this summer**. There will be no further payments for any future school holiday beyond this period.

Families of all eligible pupils will receive a Post Office letter, allowing collection of a cash payment from any Post Office branch.

It is anticipated that letters for eligible pupils will be received by Monday 24th July 2023.

If you have any questions or concerns regarding the payment process, please do not hesitate to reach out to our dedicated staff. We are here to assist you in any way we can and provide the necessary support.

Please email fsmholidaypayments@caerphilly.gov.uk or call us on 01443 864055.

We would also like to highlight a range of additional resources that can help support families in these difficult financial times.

They include.

- Government Support Schemes: The Welsh Government offers various support schemes, including welfare benefits such as Universal Credit, which can provide financial assistance to families in need. More information here:

<https://www.gov.wales/help-cost-living>

- Caerphilly CBC Cost-of-Living support: We have developed a 'one stop shop' on the CCBC website where lots of cost-of-living support measures can be found in one place:

<http://www.caerphilly.gov.uk/cost-of-living-support>

- Local Food Banks: Local food banks are available to provide essential food items and support to families experiencing financial hardship. They can assist you in accessing the necessary provisions during the summer holidays. We have compiled a list of local food banks and their operating hours, which you can find on the Caerphilly CBC Website:

<https://www.caerphilly.gov.uk/services/managing-your-money/foodbanks>

We understand that this change may lead to additional inquiries and concerns.

Please be assured our Caerphilly Cares team is here to support and guide you through these challenges. If you have any questions or need assistance in accessing alternative resources, please do not hesitate to contact the team by phone: 01443 811490 or Email: caerphillycares@caerphilly.gov.uk.

Yours sincerely

CCBC

BEFORE YOU ENTER THE WATER REMEMBER!

STOP AND THINK

Is it a safe place to swim and do you know the dangers?

STAY TOGETHER

Always go with someone else

FLOAT

If you get into trouble in the water, float to live until you feel calm

CALL 999 OR 112

If you see someone else in trouble in the water



SWIM WALES
NOFIO CYMRU



Lifeboats



BE SAFE HAVE FUN!

COFNWCH WNEUD Y CAWLINDOL. ALWAYS REMEMBER TO:

- | | |
|-------------------------------------|--------------------------|
| 1 PWYLLWCH | 1 STOP AND THINK |
| 2 ARHOSWCH GYDA'CH GILYDD | 2 STAY TOGETHER |
| 3 ARNGOFWCH | 3 FLOAI |
| 4 FFRWNGWCH 999 NEU 112 | 4 CALL 999 OR 112 |

YMUWNGHIAN JOIN OUR CREW



Ymunwch â Sôrwrn Fôrde, ein Chelw! Ieuan, yn
RNLI.org/joinstormforce
Join Storm Force, your club for kids, at
RNLI.org/joinstormforce

Y RNLIw'r elusen g'n achub dynwau ar y môr.
Deddfeddiemodder cwmdeidder y ddolwedd, ddolwedd y ddolwedd y ddolwedd.
Cofnodder y ddolwedd y ddolwedd y ddolwedd y ddolwedd y ddolwedd.
The RNLI is the charity that saves lives at sea.
We save and rescue thousands of lives at sea every year.
We're the charity that saves lives at sea.
We're the charity that saves lives at sea.

GRAFF AM DDŴR WATER SMART



CANLLAW!
GAEL HWYL A BOD
YN DDIOGEL GER
Y DŴR

'S
RUFF GUIDE TO
HAVING FUN AND
STAYING SAFE
NEAR THE
WATER



HELLO

PY ENW I YN GRIF AC RHYNN DWLLU
AR Y DŴR. MAE'N LLAWER O SBORT
OND MAE'N GALLU BOD YN BWRUS AC
YN BERYGULUS HEFYD. MAE EIN CRIMWLLU BAD
ACHUB AN HACHUBWYR BYWYD YN ACHUB
POBL SY'N ANND I DDAFFERTH, OND MAE
PEDWAR PETH Y GELLU DI EU GWNEUD I
OSGOI BERYGL, FEL Y BYDDAN, GRAFF
AM DDŴR GYDA NI A CHWEL HWYL
YN DDIOGEL!



HELLO

MY NAME IS RUFF AND I LOVE THE
WATER. IT'S AMAZING FUN BUT IT
CAN BE POWERFUL AND SCARY TOO.
OUR LIFEBOAT CREWS AND LIFEGUARDS
RESCUE PEOPLE WHO GET INTO TROUBLE
BUT THERE ARE FOUR THINGS YOU
CAN DO TO STAY OUT OF DANGER,
SO GET WATER SMART WITH US
AND HAVE FUN SAFELY!



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



NYTH | NEST

ONLINE WORKSHOPS OFFER

Summer Holidays—August 2023

CAMHS will be running a range of workshops on MS Teams in August 2023 for children and young people aged 11-17 years old living in Gwent.

Understanding Emotions

1 hour workshop exploring feelings and emotions and learning new ways to regulate our emotions. Please note that this workshop may also benefit year 6 pupils who are moving up to secondary school.

WHEN?

- **Tuesday 8th August 2023**
11:00am - 12:00pm
- **Tuesday 22nd August 2023**
11:00-12:00pm

5 WAYS TO WELLBEING

1 hour workshop sharing tips and ideas on easy ways that students can actively improve their own well-being

WHEN?

- **Tuesday 1st August 2023**
11:00am-12:00pm
- **Tuesday 29th August 2023**
13:30pm-14:30pm

UNDERSTANDING ANXIETY

1 hour workshop exploring what anxiety is and sharing strategies to manage feelings of anxiety in a positive way

WHEN?

- **Tuesday 15th August 2023**
11:00-12:00pm
- **Tuesday 29th August 2023**
11:00am-12:00pm

BOOKING INFORMATION

To register for one of the listed sessions, follow the Microsoft Forms link or scan the QR code below:

https://forms.office.com/Pages/DesignPageV2.aspx?sub-page=design&FormId=uChWuvjgkCoVkJM8ntyPrqvmQfClqcIDeJPIiU_m0UZUQUZYOTI2NiU2VEoVNUZUNVJDUzhW



School Essentials Grant (Replaces PDG Access Grant) 2023/2024

Key changes for families to be aware of for September 2023

- New name – School Essentials Grant replaces the PDG Access Grant
- There is no longer a requirement for families to submit a specific application for the grant. Families of eligible pupils will receive a Post Office letter, allowing the collection of a cash payment.
- The grant provides £125 (except for year 7 which is £200) for eligible pupils [Reception through to Year 11] to buy school uniforms, equipment, sports kit, and kit for activities outside of school.

Eligibility of pupils remains unchanged, full details are available on the Council's Website.

<https://www.caerphilly.gov.uk/services/schools-and-learning/travel,-grants-and-funding/school-essentials-grant?lang=en-CB>

Are you supporting a child with ADHD
and would like to join a peer support group?



- ♥ Peer Support For Adult Parent/Carers
- ♥ Run By Volunteers With Lived Experience
 - ♥ No Diagnosis Needed
 - ♥ Newport And Surrounding Area
 - ♥ Regular Face-To-Face Meetings
- ♥ Friendly, Supportive And Non-Judgemental
- ♥ Focus On ADHD Plus Other Neurodivergent Conditions Such As Autism.



Find us on Facebook: ADHD + Newport
Email us: adhdplusnewport@gmail.com

Are you supporting a child with ADHD
and would like to join a peer support group?



Families Supporting Families

THIRD THURSDAY OF EACH MONTH 10AM-12.

We are a friendly, non-judgemental and supportive group, run by families for families.

We support families who have children with ADHD plus Autism and other Neurodiversities.

A diagnosis is not needed. You do not need to live in Newport to attend our sessions.

This group is for the adults of the family only and is a space where we can chat without the children present.

This group is held at the Serennu Childrens Centre in Rogerstone. Please text or call Natalie to book a space on 07977 455 592.



Are you supporting a child with ADHD
and would like to join a peer support group?



ADHD+
Newport

Families Supporting Families

FOURTH MONDAY EVENING OF THE MONTH
17:30-19:30

We are a friendly, non-judgemental and supportive group, run by families for families.

We support families who have children with ADHD plus Autism and other Neurodiversities.

A diagnosis is not needed. You do not need to live in Newport to attend our sessions.

This group is for the adults of the family only and is a space where we can chat without the children present.

This group is held at the Serennu Childrens Centre in Rogerstone. Please text or call Natalie to book a space on 07977 455 592.



DADS GROUP GWENT

Is a support group for any Dad or Male Carer of a child/young person with a disability or developmental difficulty.

It is an opportunity to meet with other Dads in order to gain and provide mutual support based on personal experiences, knowledge and understanding;




2nd Saturday of every month

& Virtually on the 4th Saturday of every month

<https://dadsgroupgwent.wixsite.com/website>
or email

dadsgroupgwent@gmail.com

Supported by  **sparkle**
helpu plant atarraig i ddolgwela
helping special children shine



Family Liaison Service

- Do you have a child or young person diagnosed or undergoing an assessment for a disability or developmental difficulty?
- Do you live in Caerphilly County Borough?
- Do you want to know about local services and activities which you or your child/young person can access?
- Do you sometimes find it difficult knowing who to turn to for help, information or advice?

Our Family Liaison Officers are extremely passionate about promoting appropriate services and support that is available.

We act as a first point of contact for all families, to help with enquiries about services and leisure activities that children and young people can access.

We offer guidance and support to help families navigate the 'system', signpost to the correct professionals and provide support and resources.

We ensure that families are provided with access to appropriate services and to obtain feedback to inform service development.




sparkle
helping special children shine

To speak to Lisa, our Family Liaison Officer based in Caerphilly Children's Centre call 02920 867447 or email Lisa.George2@wales.nhs.uk

*Term time only

Little Stars

Stay and play parent / carer sessions for children aged 0-4 years
£6 per family

Would you like the opportunity to meet with other parents and young children in a safe, friendly and supportive environment?

If yes, then Sparkle's Little Stars sessions are for you and your family!

The Little Stars Caerphilly group is a great opportunity for parents / carers of children with a disability and / or a developmental difficulty, that reside in Caerphilly borough

STARTING Friday 10th March 2023

10.30-12.00

Caerphilly children's centre


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helping special children shine



FREE SCHOOL MEALS

FOR ALL PRIMARY SCHOOL CHILDREN



Universal Primary Free School Meals (UPFSM)

It is Welsh Government's aim that every child in primary school in Wales will be eligible for a universal primary free school meal (UPFSM) by 2024, regardless of household income. If your child is in full-time Nursery, Reception, Year 1 or Year 2, they are able eligible for free school meals NOW.

If your child is in Year 3, 4, 5 or 6 they will be eligible for free school meals in September 2023.



Eligible Free School Meal (eFSM)

Families who meet certain criteria, for example those on lower incomes or in receipt of certain benefits, may be eligible to apply for eFSM. Families in receipt of eFSM are also eligible to receive the Pupil Development Grant to buy school uniforms and equipment, sports kit and equipment for activities outside school. If you think you might be eligible for eFSM please apply.

For more information about the eligibility criteria and the application process for eFSM please visit:

[www.caerphilly.gov.uk/
Freeschoolmeals](http://www.caerphilly.gov.uk/Freeschoolmeals)



For more information about the eligibility criteria and the application process for eFSM please visit www.caerphilly.gov.uk/free-school-meals or contact the Catering Team: 01443 864055 catering@caerphilly.gov.uk



Nant-y-Parc Uniform Station



We have a new storage unit containing uniform for families who may need it.

Please help yourself to whatever size you require for your child.

Can you donate?

Do you have any uniform that you no longer need?

If so, please can you donate to our school office.

*We cannot accept any personalised items





I provide a service that allows children to grow, develop and learn in a safe, homely and friendly environment. I have extensive experience teaching in schools within the local area (Caerphilly).

- > Open Monday - Friday (7.30am - 6pm)
- > I can negotiate times
- > Full-time and part-time places available (wrap around care provided)
- > Highly skilled and experienced especially with additional learning needs
- > Lots of educational enriched Activities and Outings
- > Registered and Certified
- > Qualified First-Aider



Ruth Coakley - Curious Koala Childcare
 ☎ 07969 188 762 ✉ curiouskoalachildcare@mail.com

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easy ways to make lunchboxes healthier



School dinners are changing for the better. You should have noticed a difference in what's on offer, with healthier foods being served.

If your children prefer packed lunches here are some tips to help make their packed lunch healthier too. You can make up the lunch in the morning before school. Or, if you're usually pushed for time in the morning, prepare it the night before and put it in the fridge.

me sized meals

Even though they are growing children need to eat the right amount for their age. Young children will need quite small portions of foods and older children who are very active may need much larger amounts.

a healthy lunchbox contains a variety of foods

Start with starchy foods - always include foods like bread, rolls, bagels, wraps, rice, pasta or potato.

Start their packed lunch off with some starchy carbohydrate to give long-lasting energy. Use more wholegrain, brown or seeded bread as these are high in fibre. For a change from ordinary bread you could try pittas, bagels, baguettes, ciabatta, bread rolls or wraps.

Wholegrain or plain pasta or couscous can be mixed with meat, fish and vegetables and eaten cold.

and then Protein

Add a portion of food rich in protein, such as chicken, lean meat, fish, egg, or a meat alternative such as quorn either on its own or as a sandwich filler.

add a couple of portions of fruit and vegetables

Try to add a portion of fruit and a portion of vegetables to help towards their 5-a-day

need something extra?

Add a healthy snack like a low fat and sugar yoghurt, currant bun or rice pudding. Unsalted nuts are good to have at home but it is best to leave them out of your child's lunch box.

thirsty?

Remember always include a drink. Water, milk, pure unsweetened fruit juice/fruit smoothies (maximum of 150ml per day) are good choices. Fruit juices and smoothies are best drunk at mealtimes to avoid tooth decay. It is important your child has plenty of water to drink, this should be freely available in school.

five a day



As well as fresh fruit such as apples and bananas you can add variety by including a handful of grapes, chopped fresh fruit salad, orange segments or melon pieces, or a small box of raisins or tinned fruit in natural fruit juice.

- Don't forget to include some vegetables, such as cherry tomatoes, or sticks of carrot, cucumber, broccoli, celery and peppers.
- Once a week, why not go for a colourful mixed salad and a bread roll.

keep it cool - avoid food poisoning

Lunchboxes should be kept cool - ideally use an insulated lunchbox with icepacks or a frozen carton of juice to keep it cool. If sandwiches are prepared the previous evening, always store them in a fridge overnight. And don't forget to keep the packed lunch cool at school.

here are a few lunch ideas to try, or you could make up your own combinations

Suggestions for a weeks packed lunch menus:

day one

Multigrain bread or rolls
Cheddar cheese with apple slices
or cranberry sauce or chopped
hard boiled eggs with cucumber or
lettuce

Banana
Flapjack
Pure fruit juice - orange



day two

Cooked pasta or couscous mixed
with cooked chicken or turkey,
tomatoes, and lettuce

Pear
A pot of fruit yoghurt
Sparkling water

day three

Multigrain bread or crackers
Light low fat cheese spread and
dried apricots or cucumber

Tangerine /satsuma
Malt loaf or scotch pancakes
Pure fruit juice - apple

day four

Pitta pockets or wraps with ham
with sliced tomatoes, lettuce and
cucumber
Apple

Bara Brith
Yoghurt drink
Plain water



day five

Ciabatta bread or bagels
Tuna, cucumber, green pepper,
sweetcorn and tomato
Pot of mixed sliced fruit

- melon and pineapple cubes
with grapes
Rice pudding pot
Fruit smoothie

top tips for a healthier lunchbox

Pack foods attractively; cut foods into shapes; use a variety of containers. This is an opportunity to re-cycle packaging e.g. use clean, empty containers

- Involve your child in planning his/her lunchbox. Encourage him/her to try new foods. Variety is the key to a healthier lunchbox. Give praise, reward stickers etc, if they eat new foods.
- You could also raid the fridge for leftovers. Some foods taste just as good cold, such as pizza or pasta. Cook extra pasta or couscous. Mix with cut-up vegetables, and protein such as tuna, then just add your favourite dressing.
- Make sandwiches with thickly sliced bread, or choose rolls or mini pitta breads. Go for wholegrain or wholemeal varieties when you can.

Many children are taking food to school that contains too much saturated fat, salt and sugar. To help parents give their children varied and balanced lunchboxes, here are some practical tips and suggestions.

tips for cutting down on fat

Cut down on the amount of butter, margarine or mayonnaise you use and use lower fat alternatives.

- Use low-fat sandwich fillings, such as chicken, lean meats, ham, beef, fish (e.g. tuna), boiled egg.

tips for reducing sugar

Rather than drinks that are very high in sugar, such as fizzy drinks or 'juice drinks', go for water, milk or pure unsweetened fruit juice/fruit smoothies (not more than 150ml/day).

- Replace cakes, chocolates and biscuits with scones, currant buns, fruit bread, fruit, pot of rice pudding or yoghurt.



tips for reducing salt

Try not to add salt to food that you prepare and check out food labels for foods lower in salt.

tips for shopping trips

Reading supermarket food labels can help you to buy healthier foods for your child's lunch. Choose more 'greens' and 'ambers' and fewer 'reds' when filling up your shopping basket.

Healthy drinks in primary schools



There is a legal duty for local authorities and schools to **promote healthy drinking in schools**. The Welsh Government and Welsh Network of Healthy School Schemes recommend a whole-school approach.

Drink brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify:

- **only water on desks, or freely available, in the classroom;** and,
- **only water and milk during break times**

Schools should create an environment and culture where it is **normal and easy for children to drink healthily**. School staff, along with parents/carers, are vitally important in the development of healthy drinking habits for life, through **consistent messages and role modelling**.

Water and milk should be the only drinks at break times in primary schools because:

- this helps children normalise drinking water throughout the school day, and into adulthood, as the **best hydration method**;
- water quenches thirst and is **easily and freely accessible** to children in school and at home;
- milk is a good source of **protein, calcium and other vitamins and minerals**;
- water has no additional calories, helping to **maintain a healthy weight**;
- drinking water can help to **prevent a range of health issues** such as headaches, bladder and bowel problems;
- water and milk **do not damage teeth**, unlike fruit juices and soft drinks, which include 'free sugars' and/or artificial sweeteners; and,
- squash and flavoured water, including sugar-free varieties, encourage children to develop a 'sweet tooth' and do not provide a nutritional benefit.

Healthy Eating in Schools: Primary School Food Requirements

Lunch

Lunch must provide the following foods **regularly**:

- At least one portion of **fruit** each day
- At least one portion of **vegetable** or **salad** each day
- **Fruit based desserts** at least twice each week
- **Fish** at least once each week
- **Oily fish** at least twice in four weeks
- **Meat cuts** at least twice each week

School Day

The following foods are not allowed **before 6pm**:

- Additional **salt**
- **Confectionery**
- **Savoury snacks**

Where food is provided **after breakfast & before 6pm**:

- **Fruit & vegetables** must also be available
- **Break** time snacks should be **fruit & vegetables** only
- **Condiments** must be 10ml or smaller
- **Cakes & biscuits** with lunch only
- **Potato & potato products** cooked in **fat** or **oil** not more than twice each week
- **Deep fried** or **flash fried** food not more than twice each week
- **Meat products** not more than twice each week

For full details about the primary school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

April 2015



WLGA · CLILC

Healthy Eating in Schools: Nursery School Food Requirements

Lunch

Lunch must provide **each** of the following foods or achieve the primary school food requirements & nutritional standards:

- **Fruit & vegetables**
- Meat, fish or other non dairy sources of **protein**
- **Starchy** foods
- **Dairy** foods & milk

School Day

The following foods are not allowed **before 6pm**:

- Additional **salt**
- **Condiments**
- **Confectionery**
- **Savoury snacks**

Where food is provided **after breakfast & before 6pm**:

- **Fruit & vegetables** must also be available
- Snacks should consist of **fruit, vegetables, salad, bread** products, **dairy** products & non dairy sources of **protein**
- **Cakes & biscuits** with lunch only
- **Potato & potato products** cooked in **fat** or **oil** not more than twice each week & with lunch only
- **Deep fried** or **flash fried** food not more than twice each week & with lunch only
- **Meat products** not more than twice each week & with lunch only

For full details about the nursery school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

April 2015



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Healthy Eating in Schools: Primary School Drink Requirements

Breakfast & Lunch

Only the following drinks are allowed to be provided at **breakfast & lunch**:

- Plain **water** (still or carbonated)
- Plain **milk** (semi skimmed or skimmed)
- Plain **soya, rice or oat** drinks
- **Fruit or vegetable juice** (still or carbonated)
- **Fruit or vegetable juice** (still or carbonated) combined with **water** (at least 50% juice)
- **Fruit or vegetable blends**

School Day

Only the following drinks are allowed to be provided at other times during the school day **before 6pm**:

- Plain **water** (still or carbonated)
- Plain **milk** (semi skimmed or skimmed)
- Plain **soya, rice or oat** drinks

For full details about the primary school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

April 2015



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Healthy Eating in Schools: Nursery School Drink Requirements

Breakfast & Lunch

Only the following drinks are allowed to be provided at **breakfast & lunch**:

- Plain **water** (still or carbonated)
- Plain **milk** (whole or semi skimmed)
- Plain **soya** or **oat** drinks
- **Fruit** or **vegetable juice** (still or carbonated)
- **Fruit** or **vegetable juice** (still or carbonated) combined with **water** (at least 50% juice)
- **Fruit** or **vegetable blends**

School Day

Only the following drinks are allowed to be provided at other times during the school day **before 6pm**:

- Plain **water** (still or carbonated)
- Plain **milk** (whole or semi skimmed)
- Plain **soya** or **oat** drinks

For full details about the nursery school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

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