

# Nant-y-Parc Weekly Newsletter



Contact details:

02920 832116

[nantyparcprimary@sch.caerphilly.gov.uk](mailto:nantyparcprimary@sch.caerphilly.gov.uk)

30th June 2023

## COST OF LIVING SUPPORT AND ADVICE

What Caerphilly County Borough (CCB) are doing to help you through the cost-of-living crisis...

With bills increasing and inflation at 9%, CCBC is doing all it can to support residents.

As a result, they may be able to help you with any of the following:

- Accessing grants and debt advice
- Support with claiming all the money you're entitled to
- Enabling you to know more about the Welsh and UK Governments' recent support measures.

Whatever your worries may be, they've put together some helpful information in the following link: [Caerphilly - Caerphilly County Borough](#). Please refer to page 2 for further information.

## WELSH FESTIVALS



## HOLIDAY FREE SCHOOL MEAL PROVISION

A message from Welsh Government - As you are aware, the holiday provision for learners that are eligible for a free school meal was introduced in response to the COVID pandemic as a form of time-limited support to help families. While we have been able to support several temporary continuations of the scheme, we confirmed in March 2023 that the most recent extension would be up to the end of the May half-term only. I can now confirm that this remains the case and that there will be no further extension to cover the summer holiday period or beyond. We appreciate that the provision offered to those eligible throughout holiday periods has proven popular and understand that not extending the offer further will likely lead to additional enquiries from those families affected.

If you think you may be affected, please access the following pages for further information:

[Get help with the cost of living | GOV.WALES](#)

This page is regularly updated and provides information on possible sources of financial support, including our Discretionary Assistance Fund for people experiencing extreme financial pressures.

[Here to help with the cost of living | GOV.WALES](#)

This campaign seeks to encourage people to contact Advicelink Cymru for free impartial advice on maximising their incomes, including accessing any financial support.

## HEALTHY SNACKS

Please continue to ensure only fruit, vegetables and water are brought into school for morning snacks. A useful leaflet for parents is attached (pages 14-21)

## PARKING

Both CBC and the school have received reports of dangerous parking both on the zig-zag lines and on our school drive whilst dropping off & picking up children from school which is risking our children's lives. As a school, we are not able to police the highway as this is a public highway, but we have informed the council and have been informed that CBC will be sending traffic enforcement officers to monitor the situation. Thanks for your ongoing support regarding this matter.

## Value of the month: Cooperation

### A peek at the next few weeks...



### Diary Dates

05.07.23	New Y6 Parents Meeting at St Cenydd
05.07.23	Reports sent home to parents
06.07.23	Transition Day (Y6 will attend St Cenydd & all other classes to move up for the day).
07.07.23	Rec/Y1 Trip to Cefn Mably Farm
07.07.23	Y6 Leavers Assembly at 1:45 pm

### 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.

Within the Council, there are a range of services that are providing support to help our communities at this time, and you can find a detailed list of these services on the [Cost of Living Landing Page](#) on the CCBC website. A summary of some of the main activities and initiatives is as follows:

- Financial Hardship/Maximising Income** – for anyone experiencing financial hardship, the Welfare Benefits and Cost of Living teams within Housing (Rents) can support residents with a wide range of issues relating to maximising their income, including support with accessing any additional benefits and grants that they might be entitled to (including potential direct financial assistance). Advisers can also provide advice on reducing energy costs in the home and providing access to fuel vouchers.
- Fuel Vouchers** – residents struggling with the cost of topping up their pre-payment meter could be eligible for a fuel voucher, which can be used to quickly add credit to their energy supply (in partnership with Citizen's Advice).
- Foodbank** – the Caerphilly Cares team offers support and funding to local food banks and staff can also make direct referrals for a foodbank voucher. The foodbank network extends across the Caerphilly County Borough and a referral can be made immediately to support someone in urgent need of food and other household essentials.
- Mobile Phones** – We are aware that some of our most vulnerable residents may struggle with accessing services due to lack of a working phone. If you support customers/families who require a phone to remain in contact with you and other services, Caerphilly Cares may be able to provide a basic (call-only) phone and phone credit to help them to stay in touch.
- Data Sim Cards** – For residents in need of data to help them engage with key services, CCBC Library Service in partnership with the Good Things Foundation offer pre-loaded data SIM cards to residents who are most at need. CCBC staff may refer customers to any library to receive a Sim card – they will need to attend their local library to request their Sim and will have to advise library staff which member of staff/team has referred them (Sims will only be given to customers who have been referred and who have identified need).
- Housing and Homelessness Support** – If you are aware of anyone experiencing difficulties with housing, including problems with their tenancy or even risk of homelessness, the Supporting People team are available to provide expert support and advice, including help finding housing, support with form filling, debts, benefits, eviction notices and rent/mortgage arrears.
- Employment Support** – the Council has a dedicated team to support people to find work. The Employment team can help people to gain new skills, access training and improve their chances of getting a job by supporting with things such as updating their CV, job searching, interview skills etc. We can also complete "better off calculations" if customers have questions or concerns about how working might impact their current benefits.
- Community Connectors** – The Community Connectors team aim to promote well-being, reduce social isolation, help people feel part of their community and promote independence. The team reconnect residents (18+) with their community by helping them to find suitable groups, linking them to other people who have similar interests and encouraging them to participate within their community. If you are aware of someone who might be isolated and would like to get connected in their community, please get in touch with Caerphilly Cares using the details below.
- Welcoming Spaces** – a network of Welcoming Spaces (also previously known as Warm Hubs) across the county borough, which are usually totally free to use and provide a warm welcome to all. These spaces were a crucial space for many to stay warm through the winter months, but as we now progress through the summer many continue to provide a valuable resource within local communities. Some offer activities, advice and support or even hot food and drinks – but all provide a warm welcome and a friendly face. Welcoming Spaces open so far include libraries, community centres, church halls, sports clubs, and other places. Please get in touch if you would like to find out more about Welcoming Spaces within your area.

These services are here to help customers and residents of Caerphilly County Borough. To discuss any of the services above or to make a referral for someone else, please contact Caerphilly Cares. Our friendly and experienced team will find the best support available for residents around food poverty, debt advice, rent arrears, the cost-of-living crisis or isolation and loneliness.

## 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>

# 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](http://www.caerphilly.gov.uk/free-school-meals) or contact the Catering Team: 01443 864055 [catering@caerphilly.gov.uk](mailto:catering@caerphilly.gov.uk)



# PARTI TRAETH COED DUON

Ariennir gan Gyngor Tref Coed Duon / Trefnir gan Gyngor Caerffili



## BLACKWOOD BEACH PARTY

Funded by Blackwood Town Council / Organised by Caerphilly Council

**Prif Lwyfan Cerddoriaeth • Stondinau Bwyd a Chrefft  
Reidiau Ffair • Reidiau ar Gefn Asynnod  
Sioeau Pwsh a Jwdi**

**Canol Tref Coed Duon - Dydd Sadwrn 8 Gorffennaf 2023, 9am - 5pm**

**Main Music Stage • Food & Craft Stalls  
Funfair Rides • Donkey Rides • Punch & Judy Shows  
Blackwood Town Centre - Saturday 8th July 2023, 9am - 5pm**

[visitcaerphilly.com/cy/events](http://visitcaerphilly.com/cy/events) 📱 #DewisLleol 📞 Llinell wybodaeth 029 2088 0011

[www.visitcaerphilly.com/events](http://www.visitcaerphilly.com/events) 📱 #ChooseLocal 📞 Information Hotline 029 2088 0011



Visitcaerphilly



Tim Caerffili  
Ya Well gyda'n Gilydd

Team Caerphilly  
Better Together





**FREE AFRICAN DRUMMING WORKSHOPS  
FOR DEAF CHILDREN AND YOUNG PEOPLE  
PROVIDED BY THE SUCCESSORS OF THE  
MANDINGUE AND DEAF HUB WALES**



# **FREE AFRICAN DRUMMING WORKSHOPS**

**DATE: WEDNESDAY 12TH JULY 2023  
3:30PM TO 4PM  
4PM TO 4:30PM**

**VENUE:  
BRECON HOUSE, LLANTARNAM IND EST,  
CWMBRAN, NP44 3AB**

**AS PART OF THE LISTEN UP SOCIAL  
EVENING**

**NO EXPERIENCE NECESSARY  
DJEMBE DRUMS PROVIDED**



**ARIENNIR GAN  
Y LOTERI  
LOTTERY FUNDED**



# 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



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](mailto:adhdplusnewport@gmail.com)



Are you supporting a child with ADHD/ND 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.



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



Families Supporting Families

## FIRST WEDNESDAY 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 will be at Asda Pillgwenlly, Community Room, Lower Dock Street, NP20 2BH. Please text or call Natalie to book a space on 07977 455 592.



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



**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.





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



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# 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.

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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.

April 2015



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