

Dear Parent/Carer

There are many things to think about on your child's behalf, and what they are going to eat when they're at school is likely to be one of them.

It is important that children are eating a healthy balanced diet as this helps improve their concentration levels, while providing essential nutrients to help with all of their growing bodies needs.

The Wrexham catering team have been working hard to bring your child a variety of tasty and nutritious meals. Each year the new menu is rigorously checked to ensure that the food served in all WCBC schools meets strict food and nutrition legislation set by the Welsh Government. Hundreds of catering staff attend training on nutrition and customer service and hours of work go into recipe development, not forgetting cooking enough food to feed over 6,000 children across the county on a daily basis.

Think of the time you would save if your child had school meals instead of packed lunches, you could save up to 190 hours a year, which is the time needed to make packed lunches that meet the nutritional standards of school meals – that's just over a week!

What's more if you are receiving the following, your child may be entitled to Free School Meals, saving you over £400 a year:

- Income Support (IS)\*
- Income Based Jobseekers Allowance (IBJSA)\*
- Support under Part VI of the Immigration and Asylum Act 1999
- Income-related Employment Support Allowance (IR)
- Child Tax Credit, provided you are not entitled to Working Tax Credit with an annual total income below the HMRC set limit
- Guarantee element of State Pension Credit
- Universal Credit

*\*Children who receive IS or IBJSA in their own right are also eligible to receive free school lunches.*

For more information on Free School Meals please speak to Mrs Booth in school. Alternatively you can contact Wrexham Support Services on 01978 297413.

Further information can also be found on the school website [www.stmarysruabon.co.uk](http://www.stmarysruabon.co.uk), Wrexham School Meals Facebook page or at [www.wrexham.gov.uk](http://www.wrexham.gov.uk).

Yours Sincerely

Mrs N Booth, Headteacher

## **Commonly asked questions and answers**

### **“How are Free School Meals paid?”**

Each morning your child’s account will receive an automatic credit

If your child is in primary school this can be used to buy a hot meal and pudding of the day (including a vegetarian option) or a packed lunch. If your child is in secondary school the money can be used from mid-morning break onwards to spend on items up to the price of their entitlement\*. We ensure that all pupils are able to purchase a hot meal and a pudding of the day with their daily entitlement.

*\*Primary £2.40*

### **“My child has special dietary requirements”**

Please speak to the school cook to discuss how we can help.

### **“My child doesn’t always want a hot meal in primary school”**

Please speak to your school cook as we are able to offer a packed lunch which includes a choice of sandwich, fruit and a biscuit/muffin/traybake of the day, salads or jacket potatoes available on request.

### **“My child does not like school dinners”**

We try our best to offer a varied menu to suit a range of different tastes. We realise that not everyone will enjoy everything on the menu, but our school cooks can offer a taster to your child before they are served the meal or offer an alternative choice. The school dining room provides a fantastic experience to help develop your child’s social skills. We hold regular tasting events throughout the year at Wrexham schools with some schools also offering parents the chance to come along at lunchtime to experience school dinners for themselves.