



Benefits of School Lunches

From the beginning of the Autumn Term, Grittleton House School will be providing a choice of healthy, nutritious and delicious lunches in line with Government Standards.

Research indicates that the provision of healthy school meals can lead to an improvement in:

- Pupil health
- Pupil behaviour
- Pupil motivation
- The ability to learn and achieve

By offering a healthy school lunch, your child will get the energy he or she needs to power through the afternoon.

Recent studies reveal that children who ate more fruits, vegetables and protein and fewer calories from fat, performed better on literacy tests compared to children with a high-fat, high-salt diet.

Pupils were over three times more likely to concentrate and be alert in the classroom when given healthy school lunches.

Let's not forget the importance of water. Because water is essential for optimal brain health and function, and where even mild levels of dehydration can impact school performance, we will be providing unlimited water during lunchtimes.

So, with all the above in mind, our weekly menus will offer:

- A choice of three main meals – one being a vegetarian option.
- The use of fresh, local, seasonal produce wherever possible.
- Fresh fruit - this will always be available as an alternative to the daily pudding option.
- Fresh mixed salad, fresh wholemeal bread, fresh fruit and drinking water will all be available on a daily basis.
- Special dietary requirements will be catered for where necessary.

As well as a balanced rotational menu there will be Themed and National Days, i.e. Chinese New Year, Mexican Fiesta, Taste of Italy etc. We also plan to provide our pupils with child-friendly nutritional information so they understand what they are eating.

By incorporating healthy food and water into their school lunch experience, we believe our students will be more attentive and able to enjoy learning.

For your information and understanding please find attached some sample menus and FAQs.



GRITTLETON HOUSE SCHOOL

FOUNDED 1951

Where will the children eat their lunch?

It is our intention to relocate the current art room to its own purpose built block. The current space that the art department occupy will become the school dining room. We hope to complete this during the summer holidays so that it is ready for use at the beginning of the Autumn Term.

Will all pupils eat together?

All pupils will eat together, those that are having school lunches and those that choose to bring in their own lunch will be housed in the same dining room.

How many sittings will there be?

There will be three rolling sittings. The Nursery and the Infant Department will arrive first at 12.30 and eat with their teachers. The teachers will be able to assist pupils and ensure that they enjoy their lunch. The Junior Department will arrive at 12.45 and fill up the empty tables followed by the senior school pupils who will arrive from 1.00pm. As each table has finished eating, pupils will be invited to leave and make way for the next group.

Who will supervise the children eating?

The nursery and infant department will eat with and be supervised by their own teachers. The junior and senior schools will be supervised by junior and senior school teachers on a rotational basis. Junior and senior pupils will be responsible for clearing their own plates and monitors will be assigned to such duties as filling water jugs and cleaning tables.

What if my child does not like their food?

We are confident that the children will enjoy their food. Our chef has designed a menu that is appealing to children. Fresh salad, bread and fruit will also be available at all meals.

What if my child has forgotten what they ordered?

During morning registration, pupils will be reminded of their choice of food for that day. They will be given a coloured token to hand in, signalling what they have chosen.

Can my child change their mind on the day?

Once the menu selections have been submitted, it will not be possible for your child to change their choices.

Can my child have a mixture of school lunches and a lunch brought from home?

From the responses received from our recent school survey, it is clear that the majority of parents wish their children to use this service five days per week. To satisfy those that enjoy a 'packed lunch' style meal, we are also offering freshly filled baguettes daily as part of our menu choice. A five day per week commitment is required.

How much will school lunches cost?

Our objective is to provide healthy & nutritious food of a high quality and at an affordable price.

With this in mind the cost will be:

Nursery and Infant Pupils: £2.60 per day

Junior and Senior Pupils: £3.50 per day

How will payment be taken for school lunches?

Payment will be added to your termly invoice at the beginning of each term.

School Lunches - FAQs

Why is this more expensive than state schools?

All state schools receive a subsidy which allows them to provide food at a heavily reduced price. As a private school we are not entitled to these subsidies.

How long do I have to sign up for?

Pupils will be required to commit on a termly basis.

How do we cancel our school lunch?

If you no longer require a school lunch, we will require a half terms notice or payment in lieu of notice. You will be required to notify the Bursar of your intention by emailing:

bursar@grittletonhouseschool.org

Does my child have to have school lunches?

No, you do not have to sign up for school lunches. You may continue to bring a packed lunch from home in the normal way. The only change will be that it will now be eaten in the dining room.

What if my child is on a school trip?

If your child is on a school trip or sporting event we will provide a packed lunch on that day. Your child will be given the opportunity to choose their baguette filling.

What if my child is off sick?

School lunch payments are non-refundable. The Bursar reserves the right to review individual cases if there are extenuating circumstances.

How and when will we submit our menu choices?

We are currently working on new systems. Full information will follow soon, but it is our intention that this will be completed online.

Will there be any 'Special Menu Days'?

As well as a balanced rotational menu, there will be themed and national days. i.e. Chinese New Year, Mexican Fiesta, Taste of Italy etc.

Will our children have a voice?

It is our intention to set up a food committee. This will be made up of pupils of all ages. This will give them the opportunity to collect feedback from their year groups and let us know what is popular, their likes and dislikes and any other suggestions.

What if my child has special dietary requirements?

Our chef will cater for all special dietary requirements for allergies and food intolerances and for individual religious beliefs.

Will my child still have to go outside?

In order to ensure that there is sufficient time for all pupils to enjoy their lunch and still have adequate time to socialise outside with their peers, Nursery and Infant pupils will be eating slightly earlier at 12.30. We will also be extending the lunch period by 10 minutes. We will make up the 10 minutes of lesson time by extending the normal school day until 3.30pm.