



Selston

HIGH SCHOOL

Lockdown - January 2021

Free School Meals

In the announcement of the nationwide lockdown made by the Prime Minister he stressed the importance of students continuing to receive their free school meals entitlement.

For students who still attending school as critical worker children or vulnerable students our dining facilities will be open as usual with students on free school meals continuing to receive their usual allowances.

The guidance we have received from the DfE states that students who are not attending our site should receive 'food parcels' from which parents and carers can 'prepare simple and healthy lunches for their children at home across the week'.

After discussions with our caterer, Mellors Catering, they will put together a package of ingredients to cover a week with each student eligible for free school meals being entitled to one of these packs which will need to be collected from our school gates.

Our current plan is that these packs will be available each Thursday morning with parents being given slots to ensure that social distancing is maintained.

Details of the packs can be found on the Mellors flier that is attached below.

If you require one of these packs please email enquiries@selstonhigh.org.uk with your child name and we will be in touch.

Thank you for your support

Mr P Halcro
Headteacher

FREE SCHOOL MEAL

Lunch Parcel



Dear Parent / Carer,

During these difficult times it is more important than ever for us all to make sure that children are well nourished. Your child has been asked to self-isolate but that doesn't mean they will miss out on the school lunch they are entitled to.



PAIR WITH US
and let us
light up lunch

For those pupils entitled to a free school meal we have put together a package of ingredients that will enable you to make a healthy lunch for your child each day. You may want to swop and change the menu around and add some staples like mayonnaise to give added flavour, but the package you receive will enable you to create the below for your child.

We are happy to cater for children with special dietary requirements and we will work with you to ensure your child has a balanced, tasty lunch that is safe. Ask the school reception for our allergy pack and we can register your child.

Tips from Danielle

OUR COMPANY NUTRITIONIST

ENCOURAGING A HEALTHY DIET

Monday - Beans on toast- home bake and an apple

Tuesday - Jacket potato with tuna & tomato wedges - home bake and a banana

Wednesday - Tomato soup with bread and carrot sticks- home bake and pear

Thursday - Jacket potato with baked beans - yoghurt and an apple

Friday - Cheese sandwich with cucumber sticks- yoghurt and banana

Remember hydration is key when home schooling.

We should all look to drink 6 to 8 glasses of water a day to aid our concentration



SUPER TASTY

Stay Safe

We look forward to welcoming your child back into the dining room soon. Team Mellors



www.mellorscatering.co.uk