



Carnforth High School

Dear Parent/Carer/Guardian,

We are writing to inform you of some important changes we are making to improve the quality and variety of provision in the school canteen over the coming term. As I am sure you are aware, research has linked diet to concentration, stamina and behaviour and so we are keen to support students during the school day by providing food that complies with the School Food Standards, with a view to achieving the Healthy Schools award.

The biggest change for our community is that we will offer **all students** the chance to access '**Free Breakfast**' every school day from 8am to 8:55am. This can support our students to have a positive start to the day and can focus on learning. Pupils will be able to choose from a range of cereals, bagels or porridge for free, as well as having the chance to purchase items from the wider breakfast menu.

At breaktime, we will be offering a menu which includes a healthier choice of snacks, which will include toast, fruit pots and fresh fruit alongside teacakes and pastries.

In an update to the lunch menu, the canteen will offer a range of freshly made sandwiches, filled baguettes, salads and pasta pots, prepared by our catering team to give a wide choice which caters to the preferences of our school community. Over the last few months, trials of new options such as protein pots, sub sandwiches and rice pots have proved to be very popular with our pupils and the aim is to continue to provide this range of options in the future.

Alongside this, the hot meals will incorporate more seasonal produce, fresh vegetables and local produce, giving all pupils the chance to enjoy balanced and varied meals throughout the week. There will also be opportunities to try something new, with themed days and international dishes offered alongside the daily menu.

We are excited to be able to improve the options for our pupils in this way.

Thanks for your ongoing support.

Many Thanks

Mr Vandesande & Mr Fox

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