



Redeemer Boys' National School  
Ard Easmuinn  
Dundalk, Co. Louth

Roll Number: 19246N  
Tel/Fax: 042 93 32053  
[redemerboysschool@yahoo.com](mailto:redemerboysschool@yahoo.com)  
[www.redeemerboysns.ie](http://www.redeemerboysns.ie)

## Re: School Meals Scheme

23rd September 2021

Dear parents/guardians,

As you are aware our school is in the very fortunate position to be afforded Government funding to provide food for all pupils across the school day, **snacks at small break and a hot meal at big break**. Each child also has their own **stainless steel water bottle** which can be filled with water from our **filtered taps** (recently installed in each classroom).



Glanmore Foods, our school meals provider, continuously strive to provide pupils with tasty, nutritional and varied meals. As such, they have slightly tweaked the pupil menu and you will find a **NEW MENU** attached to this letter. Please fill this in with your son and **return by Monday 27<sup>th</sup> September**. It is important that you return this form in a timely manner so your son will receive his **new choices from Monday 4<sup>th</sup> October**.

**N.B. All chicken and turkey items on the hot meal section of the menu are halal meat.**

This is an amazing scheme and I would strongly urge every parent to encourage their son/s to avail of it.

**\*\*Each pupil receives approximately €600 worth of food across a school year.\*\***

It is important that children develop a healthy relationship with food from a very young age. Even if your son is a fussy eater, they will benefit from seeing how classmates are enjoying the variety of foods in school. They will also benefit from listening to staff being positive when offering food and saying how much they like a food when it is being served.

Expert advice states that fussy eaters should be given control over meals (in school that equates to a child making a choice from the menu – which can be changed as required). There is also evidence to show that introducing food multiple times and making food a social activity can help a picky eater to try different foods.

I ask that you carefully consider all this information before electing to remove your son from the scheme. However, if you decide that you **do not want their son to receive the free small break and big break in the 2021-22 academic year please make contact with the school office** (phone or email) and a new 'Parental Agreement to Promote Healthy Eating in School' form for opting out will be sent home for completion.

N.B. We are starting afresh on this as some boys who had previously opted out of the cold lunches are now receiving hot lunches. Going forward, parents will be required to complete a new form for each year that they wish to remove their son from the scheme.

If your son is taking in snacks and lunches from home, they must be 'healthy' in nature and broadly in line with the items available on the current snack menu and the old cold lunch menu. Examples of appropriate food are included on the 'Parental Agreement to Promote Healthy Eating in School' note. High sugar foods (to include chocolate, sweets, crisps, cakes and biscuits) are not allowed. **The only drink permitted in school is water (still and unflavoured).**



Lunches brought in from home will be monitored closely by the class teacher and it is at the discretion of individual class teachers to ask a child to put a food item back in their lunch-bag/school-bag. If this happens, parents should not send this item into school again.

Thank you for your continued support and cooperation,

M.Murray

**\*\*Please note that we have also included some return to school forms which should be completed before your son returns to school following a period of self-isolation or restricting of movements. You can find an online version of this form on the school website, you may also submit it electronically if you prefer. \*\***