

# SNAG

'Encouraging children to make healthier nutritional choices'

## 'ROUND UP' 2018 / 2019



The SNAG (School Nutrition Action Group) has recently agreed on the clear goal of *'Encouraging children to make healthier nutritional choices'*. We have spent this academic year reviewing all areas of food within the school and whilst we have seen some big changes already, we hope to make further improvements throughout next year to help support your child's nutrition within school.

### SCHOOL MEALS

In September, we introduced a significant change to the provision of school meals offered to all our children each lunchtime. A key objective was to improve the quality of ingredients (through using locally sourced produce, organic and free-range where possible) and ensure all meals were nutritionally balanced.

Our team worked very hard with Stu Rostance [head chef at WASPS School] who helped train and advise on all aspects of the menu and preparation to achieve these objectives. As a result, the children benefit from healthy and tasty meals every day. Portion sizes have also been revised (and extras are available when requested!) and the children have meal options to choose from each morning.

We would like to thank our school Kitchen Manager Kirstie and her team Carla and Natalie for all the hard work they have put into this initiative, not to mention all the delicious food they produce each day. Also, huge thanks to Mr Purkiss for the many hours of his time this has taken up. These combined efforts have also resulted in a noticeable increase of school dinner uptake in both infants and juniors which as we know, helps support them with their learning.

The plan moving forward is to continue working with Stu to constantly improve the variety of options within the menu, whilst keeping a key focus on the healthy, nutritional aspect. We also hope to upgrade the school's catering equipment with a new fridge and in time, other equipment that will improve the service area.

### SPECIAL EVENTS

The SNAG have recently been looking at other areas within the school where healthier options could be offered/encouraged. Specifically we have been discussing whether it is both viable and desirable to have healthier options alongside (or instead of) the cake sales/discos/birthday treats currently provided within school. We are keen to hear your views on this so please do take 2 minutes to fill in the questionnaire which can be found here: <https://forms.gle/CPhiJVYbPN23ohxM9> and is open until Monday 24<sup>th</sup> June.

On Friday 12<sup>th</sup> July, we are excited to be running 'Fruity Friday', as a healthier alternative to 'Freezy Friday'. We will be offering fruit kebabs and smoothies for £1 each. This is just a trial for now but if it is well received, we may look at setting up this (or something similar) on a more regular basis.

### COMPETITIONS

Thank you to all the children (and parents) who have entered our various recipe competitions this year. Well done again to all our winners:

- Millie who won our first competition with the tasty 'Millie's Roast Dinner'
- Cormac's delicious 'Winter vegetable stew with homemade dumplings' and Maxim's great 'Cauliflower and potato gratin' for the winter warmer competition.
- Mytro and Freddie's wonderful 'Meringue and cream summer fruit crush' for the summer fruit pudding

We plan to continue with our recipe competitions 3 times a year. Our hope is that not only will winners be excited to see their name on the school menu but that it will really encourage the children's interest in food whilst helping them to develop a knowledge around health and diet. The 'summer fruit pudding' saw our largest number of entries yet, it was great to see how much effort they went to researching/detailing the health benefits of the fruit within their recipes.

A big thanks to Kate Geoghegan (our SNAG nutritionist) who launched this competition in a school assembly, where she talked to the children about various different fruits and the different benefits of each them. The children really enjoyed learning about why we should 'eat a rainbow' each day! Finally, just a 'heads up' that our next competition will be launched in Term 2, the details of which will be in sent out in the children's bags.

**Lorna MacDougall, Chair of SNAG (Mum of Sam in Year 5 and Emily in Year 2)**