

HEALTHY EATING IN SCHOOLS

Dear Parents

Thank you for taking the time to read our letter. We are from Lancaster Royal Grammar School and we are proud to be responsible for the food provision within school.

One of the catering team's main aims is to ensure healthy eating for all pupils regardless of means or background, ideally through provision of a well balanced school meal, served in a warm, welcoming dining environment in a way that is convenient for each pupils needs.

A healthy balanced lunch has been demonstrated to improve pupils' concentration, attention, energy levels and academic performance as a result and as such improve the overall results obtained by pupils and the standing of the school as a whole.

We are taking the time to write to parents to explain how we are improving the service for the future.

- Introducing dishes which are compliant with new government guidelines
- Installing a new cashless system in the dining hall to reduce the time pupils' have to queue.
- Developing a new facility for a trendy grab and go café style facility providing healthy meals and snacks
- Improving the existing dining hall facility
- More information about the catering facility on the school website

We are making these changes because we believe it is in everyone's interest that schools are able to provide as good a food service as possible to their pupils. We know how important it is to create the good eating habits that can last a lifetime and teach children about the importance to not only their physical well being, but how food can affect their mood, temperament and energy levels.

If you have any questions, please do not hesitate to contact us on 01524 580636 or jhowe@lrgs.org.uk. We look forward to your support this year.

Kind regards

Andrew M. Jarman
Headmaster

John GP Howe
Catering Manager

Joanne Hough
Assistant Catering Manager