

## Merrylee Primary Health Committee – Newsletter

Hello, and welcome to our very first newsletter. Every school in Glasgow has been asked to have a Schools Nutrition Action Committee (SNAC) of pupils, teachers and Cordia staff who will work together to improve the dining experience of all our children.

### **What do we do?**

We meet every week to share ideas about how to make our school even healthier. We work closely with the school catering team. We are always looking for new ways to promote healthy eating. We have introduced several new ideas to encourage everyone to make healthy choices. We have already:

We even help out in the dinner hall at lunch times!

- Carried out a pupil survey about school lunches
- Introduced an early day for every class to promote healthy eating and good manners
- Presented information to classes and at school assemblies
- Met with the catering staff

Our survey highlighted the following:

- The majority of children enjoy lunch and have their first choice
- The majority of children enjoy at least one of their 5-a-day
- Fruit is more popular than vegetables
- Only about 25% of children select salad or soup
- Although many children choose flavoured milk, of those asked, almost all would take plain milk if flavoured was unavailable

### **We invited a member of the Parent Council to our meeting with the catering staff to find out more.**

Q – Sometimes, people don't get their first choice for lunch. How have the free school meals for P1-3 pupils had an impact on school lunches?

Did you know our kitchen prepares food not just for Merrylee pupils but for Lime Tree Nursery and Our Lady of the Annunciation? That's over 500 lunches every single day! WOW!

A- A lot more children now come for a school lunch. The lunches operate on a 3 week cycle. Since the free lunches started in January, we have been keeping careful records of choices so that we can make sure future orders reflect the demands.

Q – Why is there only lentil soup?

A- Lentil soup is the most popular. When other soups were on the menu there was a lot of waste.

Q – Lots of people don't like mixed salad and would prefer everything in separate bowls. Is this possible?

A – The chillers aren't big enough to offer individual bowls but we can try to give some choices separately.

Q – Are vegetables served to everyone if they are on the menu?

A – Yes, unless they specifically ask not to have them.

Q – In our survey, children said they would take plain milk if the flavoured milk was unavailable. Can we limit when flavoured milk to one day a week?

A – Yes. The orders are made weekly so we can change the order to plain milk only.



Did you know that there are 14.8g of sugar in 200ml carton of strawberry milk?

## What happens now?

Following our meeting we are pleased to announce the following changes.

### Tomato Tuesdays!

Tomato soup is back by popular demand! From next week tomato soup will be available on Tuesdays.



### 'Flavour Fridays!'

From Monday (2<sup>nd</sup> February) flavoured milk will only be available on Fridays.

Thank you for taking the time to read our newsletter. We would also like to take this opportunity to thank the wonderful catering team we have at Merrylee. They do a great job making sure every pupil at Merrylee has a healthy lunch every day.



Don't forget to visit the fuel zone website. It has lots of useful information as well as the menus for each week.

[www.fuelzoneprimary.co.uk](http://www.fuelzoneprimary.co.uk)

We would love to hear any of your ideas and suggestions too! Please contact any of the committee members or email Mrs Haddock.

[chaddock@merrylee-pri.glasgow.sch.uk](mailto:chaddock@merrylee-pri.glasgow.sch.uk)

### Health Committee (Schools Nutrition Action Committee)

Ellie Craig (P7)

Caoilfhinn MacKenzie (P7)

Hope Esson (P7)

Emma Copeland (P7)

Uma Wishart (P7)

Katie Barbour (P5)

Catherine McNicol (P5)

Finn Fothergill (P5)