

School Meals a key part of the whole day



School meals at Samuel Ward Arts and Technology College are supplied by Suffolk County Council.

Suffolk School Meals are just £2.00, which represents great value for money when considering the benefits, the price of food in the shops, their convenience compared to a packed lunch.

In addition to great value, Samuel Ward Arts and Technology College provide pupils with:

- a hot, healthy, tasty meal which meet the latest nutritional standards
- a high proportion of traditionally prepared, homemade dishes providing choice and variety to suit all tastes
- a lunch that is prepared using locally sourced produce where possible
- great value for money
- convenience - saving you time preparing packed lunches
- improved learning abilities - studies have shown that pupils concentrate better in lessons if they have had a fulfilling lunchtime meal
- pupils having the opportunity to develop their social skills, whilst eating with others
- pupils relaxing in a safe, supervised environment with friends.

NEW LUNCHTIME SERVICE - GREAT VALUE, GREAT FOOD

The new simplified service is excellent value for money, provides a great range of food and ensures parents know exactly what their son or daughter is able to buy and how much it costs.

Suffolk School Meals are working very closely with Samuel Ward Arts and Technology College to develop healthy eating for all pupils, regardless of means or background. The new service provides;



- Set priced Lunchtime Meal Deals - students simply select one of our tasty £2.00 meal deals. <http://www.myschoollunch.co.uk/suffolk/files/general/howitworks.pdf>
- A traditional 'Meal of the Day' menu - two courses for just £2!
<http://www.myschoollunch.co.uk/suffolk/files/general/all4weeksmenusMealDeals.pdf>
- A 'Sub Service' - a made to order Sub roll prepared with your child's choice of fillings
- Excellent value - where else can you buy a nutritionally balanced, freshly prepared meal for £2.00
- Lunches served in a safe friendly environment
- All meal deals are available to students entitled to a free meal
- Our menus comply with the latest school food trust nutritional standards

WHY DRINK WATER?

At Samuel Ward Arts and Technology College we have two refrigerated water fountains in the dining area, one in the P.E. Block and a further one in the Sixth Form Block.

Water stops us getting dehydrated, is part of a healthy diet and is a vital part of our everyday lives. It helps our bodies to move, our minds to think and helps us to stay healthy. Other than air, water is the most important substance that our bodies need. Your body could only survive for about five days without water. If you start to increase the amount of water you drink you could find you have more energy and be alert.

So this is what you need to do:

1. Drink 6 to 8 glasses of water every day. This should be between 1.5 and 2.0 litres per day.
2. Make sure you have a bottle of water with you so you can have a drink when you want to.
3. Never get thirsty as that means you are already dehydrated.
4. Make sure you drink extra water when you are exercising.