

Welcome back to school!!



Dear parents, teachers, students and members of the staff,

We hope you had a restful and joyful summer break.

As we begin the Autumn–Winter term, we're excited to welcome your children back to school and back to the dining hall.

This term, you'll see familiar favourites, fresh new ideas and a continued focus on supporting children's health and wellbeing through food.

One of the key highlights this term is the introduction of a vibrant daily salad bar, featuring a variety of raw vegetables and wholegrains.

This colourful selection encourages children to explore new flavours, supports gut health and helps nurture a lifelong appreciation for vegetables.

Every meal is freshly prepared on site, with homemade bread and fresh salads served daily.

You'll also notice a reduced use of added sugars in our desserts with a focus on naturally sweet options like fruit, yoghurt bars and fresh seasonal produce.

We're also placing greater emphasis on complex carbohydrates, including wholewheat pasta, sweet potatoes and legumes, to provide sustained energy and support growing minds and bodies.



Why It Matters: Fibre, Variety & Balance

Children need a wide variety of plant-based foods for optimal gut health, energy regulation and immune support. Our menus are developed with a strong focus on:

- Diverse vegetable intake to expose children to different colours, flavours and textures
- High-fibre foods to support digestive health and maintain balanced blood sugar
- Balanced meals that combine complex carbohydrates, quality proteins and healthy fats to support learning, mood and physical growth

Food is a vital part of every child's learning journey and we're proud to help lay the foundations for a lifetime of healthy habits.

What to Expect This Term

Nourishing Curiosity – Beyond the Plate

We believe that positive food experiences begin well before the first bite.

That's why we're excited to introduce a monthly newsletter designed for you and your child to enjoy together.

Each edition will feature: our "Nutrient of the Month" (and where to find it), fun and educational food facts and a simple, child-friendly recipe straight from our Head of Food.

This initiative is part of our broader food and nutrition education programme.

By linking home learning to the dining experience, we're nurturing curiosity and helping children build a lasting understanding of how food supports their health. At the end of every term, we'll host a celebratory assembly or class based workshop to revisit and reinforce the knowledge the children have gathered through the term.

Thank you for your support as we work together to nourish growing minds and bodies with delicious, balanced, and thoughtfully prepared meals.

We wish you all a fantastic autumn-winter term!

We look forward to meeting you all in the dining hall!

The P&H Team

