



**October is 'school food - count me in' month  
Monday 2 October - Friday 27 October**

Dear Parent/Guardian,

We have some exciting news to share. October 2023 is 'school food - count me in' month at Ysgol Gymraeg Cwmbrân.

**What is 'school food - count me in' month and why is it being run?**

Wales leads the UK in rolling out free school lunches to all primary school children, and this now includes every student at [insert school name]. From Monday 2 October to Friday 27 October, we are partnering with Torfaen County Borough Council and Nesta, a charity which supports new ideas that improve people's lives, to encourage all our pupils to enjoy their free school meals every day. We believe this initiative could make a positive impact on our children's well-being and education, as well as saving families time and money.

We are part of a group of schools in Torfaen taking part in 'school food - count me in' month. There are plans to expand this month to other parts of Wales in the new year, so your participation in this research will help benefit all children in Wales.

**What do I need to do?**

**Unless you inform us otherwise, we will assume that your child is participating in this initiative and eating a school meal every day from Monday 2 to Friday 27 October.**

**As school meals are free for all children at Ysgol Gymraeg Cwmbrân there will be no cost and your child will be automatically registered.**

While we understand that some children may have concerns about trying new foods or prefer packed lunches, research suggests that when we collectively embrace new experiences, it can make a positive difference. Each day there are three menu choices and your child will be able to choose their preferred meal.

For children with allergies or special dietary requirements, our council's expert dietitian ensures that their needs are met. If your child has unique dietary needs we are not aware of yet, please inform TCBC Special Diet Request by **22<sup>nd</sup> September** by emailing [specialdietrequest@torfaen.gov.uk](mailto:specialdietrequest@torfaen.gov.uk) or calling the catering office at 01633 647715 (please do not contact [insert name of school]).

We will explain the initiative to the children during a special assembly. Your support in discussing this with your children and reassuring them that it's only for one month and that everyone is taking part would be greatly appreciated. **If you wish for your child not to take part, please email TCBC Catering Enquiries** by emailing [CateringEnquiries@torfaen.gov.uk](mailto:CateringEnquiries@torfaen.gov.uk) or call the catering office at **01633 647715** (please do not contact [insert name of school]).

Since this is a research project, Nesta will collect feedback from families at the end through a parent survey and small group interviews. Keep an eye out for further information on this, as your feedback will be invaluable.

Thank you for your support and participation in this exciting initiative.