



School Dinners at Rawmarsh

WPT School Report



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Today we are looking at school dinners. We will be talking about the positive and negative sides of how they can affect children's mental health. We will also discuss our ideas for what school's could add to their menu.



Choices At School

Children should be able to choose what is on the menu. We believe it should be put to students what is offered at lunch times and a menu created from polls and opinions, working to Government-required standards, rather than the catering provider creating what they think students would want to eat.



Vending Machines

Many students around school could benefit from the use of vending machines. Some students may not want a full meal, or what is offered at the lunch breaks, but if we had vending machines with healthy items in, such as popcorn, or breakfast bars, it could help students concentrate and be more engaged during lessons.



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Incorporating Fast Food Items



A lot of students love fast food, and want to eat it all the time, but if we made it healthier, but still tasty, then it could encourage students to be healthier and happier at school. The appeal of fast food, but healthier, could mean that students are more likely to partake in school lunches, which can then help with their school work. According to Alliance in Partnership, “The influence of school meals goes beyond just nutritional benefits. It directly impacts behaviour, cognitive development, and ultimately, a student’s daily life”. Rawmarsh Community School wants the best for their students, so we believe giving options like this could really help student life.



We also discussed the idea of a ‘Subway’ style sandwich bar, which could cater to a range of tastes and dietary needs, rather than ready-made sandwiches. We feel that a lot of students would enjoy this offering in school, and possibly even encourage more students to have meals at school, rather than something that is brought from home.

Interview Time

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Mrs Lee, CFO of Wickersley Partnership Trust, said

“It is essential that students eat at regular intervals throughout the school day, so that their concentration levels are stable. This, in turn, will help students to achieve their best at school. I think students should have access to water, and RCS provides water fountains to ensure this happens.

“Personally, I have always enjoyed school meals, both at primary and secondary

school. I feel the choices offered have definitely improved over the years. I have always had school dinners, they fill me up, and help me to concentrate

I would always recommend school meals, because they're nutritious, good value for money and you always have a choice for a hot meal.

At RCS, there is also a Breakfast Club that provides free toast and some paid-for items. I think the Breakfast Club is a great idea, because it means everyone has access to food before school, where some may not have it at home.”



Mrs Tomlinson, Learning Mentor at RCS, said,

“For me, there was not enough choice when it came to school meals, so I switched to a packed lunch. Although I agree that not consuming enough food/drink, may cause stress, anxiety or a lack of concentration, this can be made up for with extra food in the packed lunch if needed.”



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Conclusion



Thank you for reading our newsletter; we hope you like our ideas.

In conclusion, there are still both positive and negatives to school dinners. They can be filling, tasty and nutritious, but there are still many needs to be catered for. We have found that school meals can help with concentration during class and can contribute to positive behaviour. However, we still believe there isn't a lot of choice and we outlined our ideas in our newsletter.



By Amelia, Indie-Mai, Aaliyah and Dolly