



SCHOOL NEWS



Aston Hall
Junior & Infant School



WICKERSLEY
PARTNERSHIP
TRUST.

BY GEORGE, OLIVIA,
EVANGELINE, AND SCARLETT

SCHOOL MEALS: ARE THEY GOOD ENOUGH FOR CHILDREN?

School meals are a vital part of keeping students healthy and happy, but the question is, can they sustain us efficiently?

NUTRITIONAL VALUE

As children get older, we should increase the size of meals, as they need more nutrition. At Wickersley, some students think that the portion sizes are large enough but some may disagree.

Ensuring students receive enough nutrition over time plays an important role in supporting healthy growth and brain development. When they eat good food and the right portions, they are able to be more focused and produce better quality work.

We interviewed the staff from Wickersley's canteen about this - scroll for the results!

FOOD VARIETY

At Aston Hall, one student said that "students may have allergies and certain conditions where they don't have much variety and I personally think we should give them more choices." However, a student at Wickersley said that there is good variety and lots of options for food, including meals for those with dietary restrictions.

If people have limited options, especially vegetarians and vegans, it could potentially affect their health physically and mentally.

Overall, there is a shared view that continuing to increase choice across school menus would be a valuable step forward for all schools.

PRICES

School meal prices is a big topic of debate among students and teachers.

Some argue that the meals are good value for money, with one of the catering staff highlighting the quality provided. At the same time, others have raised points about what people can afford in the cost of the living crisis.

Free school meals are available to support those who meet certain criteria but there is an opportunity to explore ways to make meals accessible for even more families.

QUEUES

Food queues can sometimes be quite long, which can be a challenge for both students and staff during busy break times. While this could highlight the popularity of the food service, students would like schools to look for ways to improve efficiency so everyone has a fair chance to enjoy their meals.

TASTE

One reason why children might skip lunch is due to personal taste preferences. Some meals have been described as “watery” and some as “dry” by a few students but many others really enjoy the food offered in the school canteens.

One Wickersley student shared “I like the canteen in C Block as it has the most variety.”

AN OVERALL JUDGEMENT

Overall, we have concluded that, although some people may say they do not like school dinners, we think they are mostly healthy and nourishing for students. They could do with some work, like including a little more variations and flavour, but these could be changes that schools take on board in the future to encourage more children to eat school meals.

After asking many students, our overall score for school meals is 6.5 / 10. This reflects both the strengths and the opportunities for positive change.

STUDENT REVIEWS

George	EVA	FOOD
8/10	10/10	PIZZA
10/10	10/10	PASTA
7.5/10	5.5/10	JELLY

Q&A WITH WICKERSLEY'S CANTEEN STAFF

Do you think the school meals are good enough to give to children?

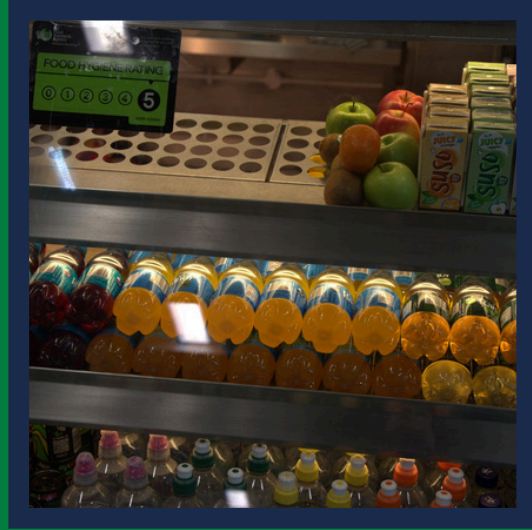
I do think the school meals are good enough for the pupils. If you choose to get the main meal and eat all your vegetables you have a good plate of food. The menus changed in November and since then we've had much more variety on the menu and flexibility with choice. We've introduced different bread for the sandwiches, added toppings to the pizza and added a pasta line for simpler tastebuds.

Are you planning on changing the school meals?

Yes, we have a new menu due to launch after Easter. We change menus twice per year after the October half term and at Easter.

Are there any flaws with school meals that need improving?

Of course! School meals have to be compliant with Government legislation called the School Food Plan. This dictates how big the portions can be for primary and secondary schools. With the new menu, we've gone to the high end of the portions so there should be more food on your plate. We also make sure we serve healthy and nutritious foods - we only serve chips once per week, we can't fry foods and we have to limit the amount of pastry and sugar we use to make sure our puddings are as healthy as possible. We are planning on getting Student Councils involved to help us prepare a new winter menu ready for October. Hopefully the students will play a big part in developing this.



**THANK YOU FOR READING
OUR WPT SCHOOL REPORT 2026 NEWSLETTER!**



Aston Hall
Junior & Infant School



WICKERSLEY
PARTNERSHIP
TRUST.