



**MOUNT
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SCHOOL**

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School Health UK
Transforming Lunchtimes

Dear families,

Welcome back and thank you for your understanding today with the changes we have needed to make to get the children in an out safely.

We are making some changes to the way we run our lunchtimes and I want to share those changes with you so that you can support your children. We are working with an organisation called School Health UK to refine and improve lunchtime routines to ensure that it is a positive time for the children to socialise and eat well.

From today, children have an allocated seat in the hall. They have been asked for names of children they would like to sit with and these seats will be reviewed at points throughout the year. This is to reduce anxiety about where they will sit and with who. We are encouraging the children to be more independent by having cutlery, cups and jugs on the tables. Tables will go up one at a time to be served, avoiding queuing, and packed lunch children will wait until everyone on their table has been served before eating together. Packed lunch children will now be bringing their rubbish home rather than disposing of it at school, this is to enable you to see what they have eaten. Some children will also have jobs helping to tidy up and reset tables in between sittings.

Previously when children have finished their lunch, they have been allowed to go outside but this has led to some children rushing to finish and even throwing food away. They will now have a set time on the playground and a set time in the hall to make sure they have time to relax, eat and talk to their friends. We will also have table activities such as colouring, riddles and conversation starters for the times when they are not eating.

We introduced the changes to the children in an assembly this morning and started to put them in place at lunchtime. Once we got over the initial task of making sure everyone knew where they were sitting, children sat and chatted to their friends and ate together and it was a much calmer lunchtime. Once routines are embedded, I am sure we will continue to build on the success of today.

Thank you for your continued support,

Miss Z. Byrne
Headteacher

Mount Primary School. Respect yourself, respect others, respect our world.

