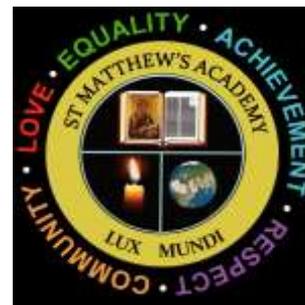


St. Matthew's Academy Parent Council Newsletter

SPRING 2022



St Matthew's are proud to announce that they are working towards the Food for Life Served Here award for their school meals service. This means that by working together with the Food for Life Scotland team they can get more local foods onto school dinner plates and serve fresh, healthy sustainable meals.

What makes a school meal a Food for life meal?

Food for life served at St Matthew's Academy stands for fresh food you can trust on the school plates. That means:

- Food that's good for your health: lots of fruits and vegetables, Fish, wholegrains, less but better-quality meat, and a lot less processed foods.
- Food that's good for the environment: it's in season, it's sustainably produced, has low climate impact and high welfare standards.
- Food that's good for the economy: it's grown by local producers, it's prepared by skilled and knowledgeable people and it supports a thriving economy.

Preparing school meals from scratch gives us more control over what goes into our food. This makes it easier for, us in the kitchen, staff pupils and parents, to be confident that we are providing a healthy balanced meal with food that we trust, using seasonal and local produce where it is available.

All meals comply with the Scottish Nutritional Guidelines for school meals. What does this mean? It refers to the schools (Health Promotion and Nutrition) (Scotland) Act 2007, which build on the Hungry for Success standards of 2002. All Scottish schools must comply with these regulations.

Laura Miller
Snr Catering Supervisor
St Matthew's Academy

To find out more about this fantastic programme click <https://www.soilassociation.org/our-work-in-scotland/food-for-life-scotland/what-is-food-for-life-scotland/>



FOOD FOR LIFE SERVED HERE

The Parental Involvement Act 2006 gives parents the right to receive information about their children's education and to be represented and have their views expressed through the Parent Council. All parents/carers/guardians are members of the Parent Forum; the Parent Council are the representatives, elected on behalf of the Parent Forum.

We currently have 5 vacancies on the Parent Council. If you would like to join please email us at:

stmatthewsparentcouncil@gmail.com

Covid-19 Update

As part of the new test and protect transition plan, from the 18th April secondary pupils will no longer be advised to test twice weekly. Please click the link below to access updated guidance:

<https://www.gov.scot/publications/test-protect-transition-plan/>

Study Guides

The following links may be useful in supporting your child in preparation for their exams.



<https://education.gov.scot/parentzone/learning-at-home/supporting-study/>

<https://www.nhsinform.scot/healthy-living/mental-wellbeing/stress/coping-with-exam-stress>



All 5-21 year olds resident in Scotland are eligible from 31 January 2022 for Young Persons' Free Bus Travel, using a National Entitlement Card with the free bus travel product on it. You can apply for your free card at the following link.
<https://getournec.scot/nec/>

What have we supported this year?

We were successful in securing funding from the North Ayrshire Council Participatory Budget to fund a fantastic initiative of Mr Ross' to bring in a company called Dual Fitness Foundation who will work with our young people to improve mental health.



<https://www.facebook.com/thedualfitnessfoundation/>



The children are very excited to be able to have prom this year and we have been asked to support this. They delivered a great presentation to us at the parent council

meeting last month and we have agreed to give them £600 towards transport, food, etc.

If you would like to attend a Parent Council meeting or let us know the kind of things you would like to see in our next newsletter please email us at:

stmatthewsparentcouncil@gmail.com

Parent Council meetings are ongoing via zoom. The last 2 meetings of this session are Monday 16th May and Tuesday 14th June.