

## School Meals

Research in 2009 showed that a healthy school lunch improved educational outcomes particularly in English and Science, it also showed a 15% reduction in absence due to sickness. (Healthy School Meals and Educational Outcomes: Institute for Social and Economic Research: January 2009)

As well as a hot meal in the canteen, young people can also pre-order their (cold) lunch at interval and simply collect it to allow them to attend clubs or sports with their friend at lunch

Lunch menus, downloadable pre-order forms and information on Café DG can be found at

<http://www.dumfriesandgalloway.scottishschoolmeals.co.uk/sample-page/>

Dalbeattie High School operates a cashless catering system where students can add money to their Young Scot cards and use these in the canteen. This means that any free school meal allowance is added to the card meaning the young people do not feel self-conscious about their entitlement.

Many eligible people are missing out on free school meals.

If you receive **any** of the following

- Income Support
- Jobseeker's Allowance (Income based)
- Employment and Support Allowance (Income based)
- Child Tax Credit on its own, with an annual taxable income of less than £16,105 (subject to change)
- Child Tax Credit and Working Tax Credit with an annual taxable income of less than £6,420 (subject to change)
- Support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit

You may be eligible for free school meals.

There is more information at <http://www.dumgal.gov.uk/index.aspx?articleid=2233> or you can download an application form at <http://www.dumgal.gov.uk/CHttpHandler.ashx?id=748&p=0>

If you would prefer to talk to someone in person please do not hesitate to contact Mrs McClelland in Student Support on 01556610445

