

# Supporting Pupils & Families Through Lockdown

At Chartwells, we are determined to continue to provide pupils with delicious, nourishing meals and access to fun, educational resources to help them to grow and develop.

We know that lockdown can be difficult and stressful for parents and so we want to take a moment to tell you about what we're doing here at Chartwells which may help you throughout the lockdown period.

## Great food in a safe place

We take the safety of our pupils, our staff and teaching colleagues very seriously. Since the start of the pandemic, we introduced social distancing and new cleaning procedures measures to help keep everyone safe and we continue to follow these practices to keep everyone safe. Take a look at the COVID procedures we have in place in our short video.



[Click here to watch!](#)

## A Simplified, Yummy Menu

We take great pride in providing pupils with nutrient-rich, great-tasting food to help them excel in the classroom.

We have worked with our Nutritionists to develop new menus for your school keeping the most popular dishes which will operate throughout the lockdown period to reflect the reduced pupil numbers.

Please speak to your school to see your new school menu.



## Nutritious Food Hampers

If your child is entitled to free school meals then you will be able to order our tasty food hampers packed with tasty ingredients to create filling meals at home for your child.

Please ask your school for more information.



# Keeping Children Entertained & Educated at Home

## Cooking at Home!

With children being home a lot more than usual, it can be quite a task to keep them entertained. Getting children in the kitchen and cooking not only provides them with valuable life skills but also helps them to learn about nutrition.

We have over 40 super fun cook-a-long videos of tasty recipes for children and families featuring Chef Allegra McEvedy and Chef Andrew Walker.

### The Super Yummy Kitchen



Families can access the fun cook-a-long videos by heading to The Super Yummy Kitchen YouTube channel linked below!



[The Super Yummy Kitchen](#)

## Parent & Guardian Wellbeing

Lockdowns can be stressful with juggling your job along with child care and the normal day-to-day tasks. It's important that we remind ourselves to think about our own health and wellbeing.

To help support you in improving your own health and wellbeing, head to our Nourished Life website where you will find healthy recipes, top tips and much more!

Head to the Nourished Life website [here](#).

