



# Newsletter



As the Black Lives Matter campaign gathers momentum around the world, there's never been a better time to talk to children about prejudice, diversity and inclusion.

With the recent news dominated by images of mass demonstrations, children are likely to have questions about what they have seen and heard.

Parents and carers can play a key role in starting the conversation which can shape their child's world view and help to build a more inclusive and aware society. As Frederick Douglass, prominent American social reformer and abolitionist, said: "It is easier to build stronger children than to repair broken men."

No one can be expected to provide all the answers to such a complex issue and racism is far from a one-conversation topic, but it's important to take the first steps.

Fortunately there are many [resources](#) – both online and off – available to support you as you talk about the issue.



## Coronavirus (COVID-19) advice and support for parents and carers

Whether you're working from home with your kids for the first time or supporting children with anxiety due to coronavirus, we've got tips and advice for you.

[Click here](#)

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# FREE SCHOOL MEAL ALLOWANCE INFORMATION

## MAKING YOUR FREE SCHOOL MEAL ALLOWANCE GO FURTHER AT HOME

### Shopping list ingredients

	£
Sliced wholemeal loaf	0.40
Store branded couscous (500g)	0.70
Jacket Potatoes x 4	0.60
Whole wheat pasta shapes (500g)	0.42
4 whole wheat/white breakfast muffins	0.50
Packet of porridge oats (1kg)	0.75
Store branded tinned sweetcorn in water	0.35
Iceberg lettuce	0.50
Pack of cherry tomatoes (250g)	0.54
Large cucumber	0.45
Store branded bag of apples x 4	0.59
Tinned peaches in juice	0.37
Medium size bananas x 4	0.52
Frozen summer fruit pack (500g)	2.00
Frozen cauliflower and broccoli pack (900g)	1.04
Tinned chopped tomatoes x 2	0.56
Brown onion x 2	0.20
Tube of tomato puree	0.31
Red/yellow pepper	0.42
440g store branded cheddar cheese	1.79
Semi-skimmed milk (2 pints)	0.80
Low fat plain natural yoghurt (400g)	0.45
Baked beans (low salt & sugar)	0.30
Store branded tuna chunks in spring water	0.79
Store branded tinned salmon	1.40
6 free-range eggs	0.75
Low fat turkey mince (250g)	1.58
Kidney beans in chilli sauce (205g)	0.42

**Total** 19.50

Prices correct June 2020



The information was prepared by  
HCU Public Health Services and endorsed by



NEW



# Meal ideas



## Breakfast ideas

- Porridge with sliced banana & a glass of milk
- Baked beans & cheese on toast
- Scrambled, poached or boiled eggs on a toasted muffin with sliced tomatoes
- Overnight oats - porridge/yoghurt and sliced peaches

## Lunch & snack ideas

- Jacket potato with tuna & sweetcorn, served with lettuce and cucumber
- Homemade pizza muffins, with sliced pepper, cucumber and tomatoes
- Tuna couscous salad with sliced apples & a glass of milk
- Egg salad sandwich on wholemeal bread & mixed berry and banana smoothie
- Jacket potato with bean chilli, served with yoghurt and cucumber dip
- Homemade broccoli and cauliflower soup & wholemeal bread
- Cheese, tomato and lettuce sandwich & banana slices



## Dinner & dessert ideas

- Homemade salmon fishcakes with potatoes wedges, broccoli & cauliflower
- Cheese, tomato and sweetcorn pasta bake
- Spanish omelette served with wholemeal toast fingers
- Salmon, cucumber, tomato & sweetcorn couscous
- Broccoli & cauliflower mac and cheese
- Turkey bolognese served with pasta or jacket potato
- Peach and apple fruit crumble
- Banana split with mixed berries & yoghurt
- Summer berries & yoghurt ice lollies



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These documents are available in Welsh on our [website](#), along with more information for you to share with parents regarding on making FSM payments go further this summer, and healthy packed lunch ideas.....



## Gaming

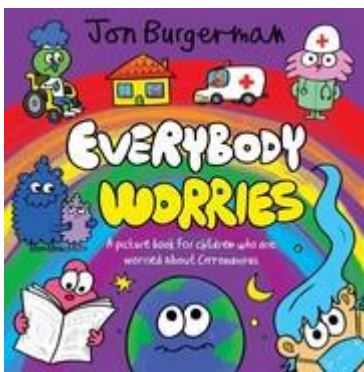
Online gaming can offer many positive experiences. It can give children and young people the chance to escape into a virtual world, to learn, and to connect with others.

However, there is a risk of children and young people viewing inappropriate content in games and being contacted by adults seeking to exploit them.

This week your activity pack for parents and carers to deliver to their children explores how they can stay safe while gaming:

- [4-5s](#)
- [5-7s](#)
- [8-10s](#)
- [11-13s](#)
- [14+](#)

Download Welsh language versions of our activity packs from [Welsh Government's Hwb](#).



In this bright and friendly picture book, children learn that it's okay to worry about coronavirus. Fun rhyming couplets keep the tone gentle and supportive, and you will find plenty of ideas for dealing with coronavirus in a positive way.

*Everybody Worries* offers your child the reassuring message that this crisis will pass, we are there for them, and we will get through this together.

[English](#)  
[Cymraeg](#)

**And finally.....**

**The quickest way for  
a parent to get a child's  
attention is to sit down  
and look comfortable.**

**- Lane Olinghouse**

**GH**

