

Dear Parent/Carer,

We are writing to you to encourage you to check if your child is entitled to receive **free school meals**. Free school meals are a vital support for many families, especially in these challenging times. They can help you save money, ensure your child gets a healthy and nutritious lunch, and also benefit the school through extra funding.

To qualify for free school meals, you must be receiving one of the following benefits:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Families receiving working tax credits in addition to any of the benefits above will not be eligible.

If you are not sure if you are eligible, and you do receive any of the benefits above we encourage you to take the time to apply, we will let you know what your eligibility status is. You may need to provide proof of your income or benefits, such as a recent bank statement, payslip, or award letter. You can also find out more information about free school meals on Carmarthenshire County Council's website.

If you are eligible for free school meals, you may also be able to access additional grants and support from the government and other organisations. For example, you may be eligible for

- The Warm Home Discount Scheme, which gives a £140 rebate on your energy bills each winter
- The Cold Weather Payment, which provides £25 extra a week for colder periods
- The Food and Fun Programme, which offers free activities and meals for children during the school holidays
- Discretionary Assistance Fund (DAF) | GOV.WALES
- The Cost of Living Payment, which will give £900 to means-tested benefit claimants in three instalments over the financial year 2023-24

- Family Fund - If you have a disabled or seriously ill child under three, and would benefit from access to a car, the Family Fund Mobility Support programme could help.
- The Disabled Facilities Grant, which helps pay for adaptations to your home to make it more accessible for a disabled person

These are just some examples of the grants and support that you may be able to get if you claim free school meals. There are many more available, depending on your circumstances and needs. You can search for more grants on the [Turn2us website](#) or visit the [Claim What's Yours](#) page on Carmarthenshire County Council's website.

We hope that you will take advantage of this opportunity and apply for free school meals if you are eligible. It will make a big difference to your child's wellbeing and education, as well as to the school's budget and resources. If you have any questions or need any help with your application, please do not hesitate to contact us.

Yours sincerely,



Mr R S Jones
Executive Headteacher



Cllr Giles Morgan
Chair of Governors

On behalf of Bryngwyn and Glan y Môr
Federated Governing Body