

Akhbaarta aleerjiga (Allergy information)

Laga billaabo bisha Dhiseembar 2014, dhammaan goobaha ganacsi ee iibiya cuntooyinka waxaa looga baahan yahay in ay soo bandhigaan akhbaarta 14 EU ee xasaasiyadda ama aleerjiga (allergens) ee shey kasta ee ay iibyaan. Akhbaartani eek u saabsan dhammaan cunnooyinkeena/sheyka ay ka kooban tahay (recipe) waxaa laga heli doonaa boogeena websaytka. Fadlan waxaad ka daalacataa www.myschoollunch.co.uk/enfield halkaasi oo hadba lagu soo bandhigi doono akhbaarta cusub.

Nala soo xiriir...

Fadlan waxaad ka daalacataa visit www.myschoollunch.co.uk/enfield

Bogga websaytkani waxaa loogu talagalay waalidiinta, carruurta iyo macallimiinta waxaan ku qoran akhbaarta iyo wararka cusub ee adeegyada, waxaa kaloo ku qoran dalabka noocyada cuntada iskuulka (school menus), wararka kale, tartamo iyo fursad aad nagu soo gaarsiin kartid aragtidaada adeegyada (feedback).

 Haddaad nagu jeelaatay Feesbuugga (Facebook)
Naga raadi cinwaanka 'Enfield School Meals (Cunnooyinka Iskuullada Enfield).

Haddaad qabtid wax su'aal ah, fadlan soo wac telefoonka 020 8379 8833.

Shirkadda Cuntada ee Enfield (Enfield Catering) ayaa maamuleyaasha iskuullada ka caawin doontaa Qorshaha Cuntada Iskuulka (School Food Plan).

Akhbaar dheeraad ah, fadlan waxaad ka daalacataa www.schoolfoodplan.com

Cunto fereeshnimadeeda aad u jeeddid...



Cuntada Iskuulka ee lacag la'aanta ah ee ilmaha dhallaanka (Infants' free school meals)



 Cuntada Iskuullada Enfield (Enfield School Meals)

www.enfield.gov.uk

Akhbaarta aad u baahan tahay in aad ogsoon tahay

Laga billaabo Sebteembar 2014, dhammaan aradda dhigata fasalka Resebshanka, Sanadka 1 ama Sanadka 2 waxaa la siin doonaa cunto aan lacag laga qaadin waalidka*. Cuntada iskuullada Enfield waa cunto bulshadeed leh caafimaad, dhadhan wanaagsan iyo xiiso badan. U oggolaanta ilmahaaga cuntada iskuulka waxaa sanadkiiba kuu dhigman kartaa qiyas ilaa £400 haddaad ka faa'ideysatid deeqdaasi.

Hadduu ilmahaagu helo ama uusan helinba cuntada iskuulka ee lacag la'aanta ah, aad bay muhiim u tahay in aad soo buuxisid foomka diwaangelinta ilmahaaga** si uu u helo Cuntada Iskuulka ee Lacag La'aanta ah (Free School Meals) hadduu ilmaha ku jiro Resebshanka, Sanadka 1 ama Sanadka 2 – taasina waxay suurtagelineysaa in iskuulka uu ku helo dakhli dheeraad ee waxbarashada ilmahaaga ("The Pupil Premium").

Ilmheygu ma soo qaadan karaa cuntada guriga (packed lunch)?

Haa, way soo qaadan karaan, illaase waxaanu ku dhiirrigelineyaa in ay dalbadaan cuntada iskuulka. Tanina waxay u noqon kartaa cunto kala geddisan oo nafaqo u leh ilmaha isla markaana kaa dhinto kharash iyo wakhti badan.

Carruurteyda dhigata fasalka sanadyada 3 ilaa 6 iyagana?

If your family gets certain benefits or is on a low income, your other children could be eligible for a free school meal. It costs nothing to apply but could save you money and the school receives the extra funding for your child's education. To find out if you qualify and how to apply, either:

- Weydisaa iskuulka ilmahaaga
- Ka daalaco www.enfield.gov.uk
- Ama waxaad wacdaa Telefoonka Kaalmada Benifitka Ilmaha (Pupil Benefit Helpline) ee 020 8379 5367
(8.30 am-12pm kadibna 2pm-4pm)

* Laga billaabo Sebteembar 2014, carruuraan dalban cuntada iskuulka lagama aqbali doono lacagta kaashka ee cuntada..

**fadlan, weydi xafiiska iskuula ee ilmahaaga ama Ama waxaad wacdaa Telefoonka Kaalmada Benifitka Ilmaha ee 020 8379 5367 haddii aadan weli buuxin fomkani.



Maxay tahay sababta aan ilmaheyga ugu dalban doono cuntada iskuulka?

Adeegyada Cuntada ee Enfield (Enfield Catering Services) aad bay ugu kalsoon yihiin cuntada ay bixiyaan,,halka ayeyna ku soo koobeen sababta ay ula muuqato in cuntada iskuulka ay ku habboon tahay carruurta.



Ma ogsoon tahay?

- Adeegyada Cuntada ee Enfield in la guddoonsiyyey billadda qaaliga ah ee Soil Association's Bronze Catering Mark. Waxaana hadda ku jirnaa dadaalka sidii lagu hanan lahaa billadda Qalinka (Silver award).
- Ukunta aan isticmaalno waa kuwo ah firii reenj (free-range) oona laga keenay isla waddanka.
- Qudaarta iyo furuutskeena waa kuwo xilliga ku baxay oona waddanka laga beeray. Tusaale, baradhada, kukaambaha, basasha iyo barbarooniga waxaa laga keenay Nazeing ee Essex, iyo tufaaxa iyo beeyarska (pears) waxaa laga keenay Kent.
- Hilibka waxaa laga soo qaadaa kawaanka oo ah mid fuliyo dhammaan shuruudaha daryeelka xoolaha (Caddeynya Beerta oo shuruud ah)
- Kalluunka kama yimaaddo goobaha liiska llaalinta Bulshada iyo Mamnuuca Kalluumyeysiga (Marine Conservation Society - MCS) "fish to avoid" list.
- Dalabka cuntada ama meenuyada waa kuwo buuxiya shuruudaha heerka Nafaqada ee Dowlaadda (Government's Nutrition standards).
- Dhammaan noocyada cuntooyinkeena waa kuwo fereesh ah ayna kariyan shaqaale khibrad u leh cunto karinta.
- Waxaanu si joogto ah usoo bandhignaa tayada noocyada adeegyadeena iyo waxsoosaarkeena taasi oo waafaqsan Manhajka Qaranka (National Curriculum). Taasina waxay xilliyada cuntada ka dhigtaa mis xiiso iyo madaddaalo gaar ah leh.
- Waxaa maalin kasta la heli karaa dalabka hilibka ama fejeteeriyan, waxaa kaloon cunno siin karnaa carruurta kale ee cunto gaar ah u baahan, tusaale haddii ilmaha uu qabo xasaasiyad ama allerji uu takhtarka caddeeyey.



Haddaad u baahan tahay akhbaarta meenuyada, warar dheeraad ah, tartamooyin (competitions iyo qaar kale, fadlan ka daalaco booggeena intarneetka www.myschoollunch.co.uk/enfield