



Coopers Lane Primary School

Pragnell Road, Grove Park, London SE12 0LF

T: 020 8857 7680

E: info@cooperslane.lewisham.sch.uk

W: www.cooperslane.lewisham.sch.uk



Head Teacher: Mr Paul Hooper

Tuesday 18th October 2016

Dear Parents and Carers,

Re: We Scare Hunger Appeal

Hunger is a supervillain who makes life harder for millions of families across the UK. For a child struggling with hunger, one meal could mean the difference between having the energy to succeed in school and failing a test, or between staying healthy and getting sick.

Last week, we have discussed with the children the following articles from the UN Convention on the Rights of the Child:

- **Article 6:** Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential.
- **Article 24:** Every child has the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment and information to help you stay well.
- **Article 27:** Every child has the right to food, clothing, a safe place to live and to have your basic needs met. They should not be disadvantaged so that they can't do many of the things other kids can do.

With these articles as our focus for respecting the rights of other children throughout November, we have decided to support Lewisham Foodbanks, which are part of the Trussell Network Charity, and Whitefoot & Downham Community Food Bank as a local centre.

Foodbanks provide a minimum of three days emergency food to help men, women and children experiencing short term crisis across the borough. Last year they collected food from the public and provided emergency food to 2975 people of which 1875 were children. That works out to a staggering 26,775 meals! This is an increase of 20% on 2014/15.

The food boxes typically contain items such as tinned fruit and vegetables, tinned meat and fish, pasta, sauces, long-life juice, UHT milk, cereal, tea, rice pudding, biscuits and soup. Over 90% of the food given out by the foodbank is donated and the recipients are referred by frontline care professionals such as doctors, social workers or school liaison officers and also the Citizens Advice Bureau, etc.

The single biggest reason that people were referred last year was unemployment, followed by low income. Other reasons included delayed wages, domestic violence, illness, refused crisis loans, homelessness and absence of free school meals during



HEALTHY SCHOOLS
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Foodbank Shopping List

URGENTLY NEEDED ITEMS

- Rice
- Sugar (500 g bags)
- UHT milk (1 litre)
- Breakfast cereals & oats
- Tinned meat (including pies, mince, corned beef and hotdogs)
- Tinned fish
- Pasta sauce
- UHT fruit juice
- Tinned vegetables
- Tinned rice pudding
- Toiletries (Toilet rolls, toothbrushes, deodorant, soap, shower gel and shampoo)
- Sanitary products

OTHER ITEMS

- Pasta
- Juices (Fruit juices, cordials and squashes)
- Soups (Vegetarian and meat soups, tins and packets)
- Sauces (Pasta, curry and stew in jars and packets)
- Sponge Pudding (Tinned)
- Hot Drinks (Instant coffee, drinking chocolate and tea)
- Desserts (Jars and tins of fruit, dried fruit, tinned and powdered custard, rice/ sponge pudding, biscuits)
- Jams and spreads (Jam, honey and chocolate spread)
- Vegetables and Fruit (Tinned fruit, vegetables and pulses, and mashed potato)
- Staples (Flour, cooking oil, salt, pepper, sugar, spices)
- Baby Products (Nappies, wet wipes, baby food, shampoo, powder, lotion, nappy barrier cream, cotton wool)
- Household Goods (Cleaning products, washing up liquid, anti-bacterial spray, surface cleaner, cloths, washing powder, fabric conditioner and kitchen roll)