

Back to School



Helpful tips and resources for children returning to school across Wales

- Find sensory school wear and aids for children and young people in the [Fledglings shop](#).
- Free school meals are available to all Primary School pupils across Wales, regardless of income: [Universal Primary Free School Meals](#).
- [Apply for free school meals](#). Some families on lower incomes or on certain benefits, are entitled to a free school meal for all age pupils.
- See Contact's [free school meals reasonable adjustments guide](#) on how you can access alternative arrangements if your child is unable to eat or access school meals because of their condition or disability.
- If your child is missing out on free school meals we have [free letter templates](#) to ask your school to provide an alternative.
- Apply for school clothing grant. Check if you're eligible for other school essentials such as [school uniform grants](#) from your local council.