



11 November 2019

Dear Parent/carers,

**Sugary drinks and junk food**

We know that a high-quality diet, high in nutrient and low in processed food is needed for teenagers for their development, immunity, mood and energy levels. That is why, as a school, we have a ban on energy drinks, sugary fizzy drinks and McDonalds takeaway on school site.

Unfortunately, at the moment, we are seeing a lot of these banned items in school, especially as learners are coming onto site in the morning. We think a lot of learners are going to the centre of a morning and buying sugary drinks and junk food to bring into school.

Energy drinks, sugary fizzy drinks and McDonalds food will be taken from learners straight away if it is seen in school and will be disposed of. We are also seeing learners bringing in large quantities of crisps (usually big tubes of Pringles) and family-sized bars of chocolate – these will be confiscated and kept in the main school office where they can be picked up at the end of the day.

I am can sure you can understand why this is such a priority for us as a school, as I am sure it will be for you a parent/carer.

Thank you in advance for your support with this.

Yours faithfully,

Emma Mills