

16th May 2016

Dear Parent/Carer

Firstly, thank you for your support in reinforcing the expectations we are putting in place to improve standards in behaviour around school. Ofsted have recognised this area of school improvement but we still have much work to do.

I feel it is both timely and appropriate to write to ask for your assistance on a number of points which will help reinforce our expectations of all students in school in order that their sole focus continues to be on learning, allowing others to learn and allowing teachers to teach. Mostly, these are around the increase in drinks brought into school that are either high in caffeine or sugar, or those drinks which are packaged in such a way which could be dangerous to everyone in school (e.g. glass bottles).

- Only still water and flavoured water (in clear form only) is allowed to be brought into school and should not be in an energy drink bottle. For example, some students put water inside a Lucozade bottle.
- Energy and fizzy drinks (of any kind) are not allowed on school premises. If a student is seen consuming these, they will be confiscated and appropriate sanctions put in place.
- To ensure there is no confusion over the drinks allowed in school, we are ceasing the sale of SUSO in the canteen. Although this is a healthy carbonated natural fruit drink, we feel that this will support the drive in improving litter around school.
- The canteen will sell orange juice, cartoned juice drinks and flavoured/non flavoured water.

Recently, many of you may have seen coverage in the media which has looked at the issues of sugar in the UK diet. It is now accepted understanding that there are several hazards to young people from drinking fizzy drinks especially those marketed as 'energy drinks'. These can contain very high levels of sugar as well as large amounts of caffeine. Research has shown that some young people are staying up late playing games/using social media, and then get up very tired and lethargic and use energy drinks to get started for the day. There are many problems with this course of action, but the most obvious is that these drinks do not have any slow release nutrients, they are designed to be a 'quick start' solution and so blood sugar levels go from very low to very high and back down again. The drinks industry themselves have reported.... "We say to young people and parents that energy drinks are not suitable for young people, and it says so on the label of these drinks. Like all food and drink, energy drinks should be consumed in moderation and as part of a balanced diet and active lifestyle". A very quick Google search returns some very worrying results and having taken all these factors into account we have decided that energy drinks will no longer be allowed on the school premises. Students found with such items will have them confiscated.

Once again, on behalf of all staff, we would like to thank you for your continued support in our drive to improve standards.

Yours sincerely



Mr Dean Watkin
Deputy Principal