



## Parents & Guardians

By email

24 June 2024

Dear Parents and Guardians,

I hope this letter finds you and your family well. As we continue our commitment to providing a supportive and nurturing environment for our students, we are reaching out to address an important aspect of our children's well-being: healthy eating habits.

Recently, we have noticed an increasing number of students arriving at school consuming sweets and energy drinks. While occasional treats are a normal part of life, regular consumption of high-sugar and caffeinated beverages can have negative effects on children's health and academic performance. These effects include:

- **Reduced concentration and focus:** High sugar intake can lead to energy spikes followed by crashes, making it difficult for students to maintain consistent attention in class.
- **Poor nutrition:** Foods and drinks high in sugar and caffeine often lack essential nutrients, which are vital for growth, development, and sustained energy.
- **Increased risk of health issues:** Regular consumption of sugary foods and drinks can contribute to long-term health problems such as obesity, diabetes, and dental issues.

To support our students in making healthier choices, we kindly ask for your assistance in the following ways:

1. **Provide Nutritious Breakfasts:** Encourage your children to start their day with a balanced breakfast that includes whole grains, protein, and fruits. This can help maintain steady energy levels throughout the morning.
2. **Pack Healthy Snacks:** If your children bring snacks to school, consider packing items such as fruits, vegetables, nuts, yogurt, or whole-grain crackers. These options provide sustained energy and essential nutrients.
3. **Limit Sugary Drinks:** Replace sugary drinks and energy drinks with water, milk, or natural fruit juices. Staying hydrated with water is particularly important for maintaining energy and focus.
4. **Educate About Healthy Choices:** Discuss with your children the benefits of healthy eating and how it can positively affect their daily lives, both academically and physically.



We believe that by working together, we can create an environment that promotes healthy habits and enhances the overall well-being of our students. We encourage you to reach out with any questions or if you need additional resources or ideas for healthy meals and snacks.

Thank you for your cooperation and support in making our school a healthier place for everyone.

Warm regards,

S. Concannon

Sarah Concannon  
Headteacher

