

26<sup>th</sup> March 2019

Dear Parents/Carers

**Re: Healthy Schools**

At Bournville School our highest priority is always the welfare of our students. We take all aspects of children's welfare seriously, from bullying to mental health. Nationwide, childhood obesity and the effects of too little exercise are one of the biggest dangers to children's physical wellbeing, and for this reason from Easter 2019 we will be bringing in new measures to help our students to live healthier lives. One aspect of these measures will be to ban certain unhealthy foods from school.

**Banned foods from Easter 2019:**

- Drinks with added sugar (including energy drinks)
- Packets of biscuits.
- Sweets.
- Any take-away foods such as pizza, McDonalds, KFC etc.
- Large "sharing size" packets of chocolate.
- Large "sharing size" packets of crisps.

Any of the above foods brought onto school premises will be removed and thrown away, so please ensure that if your child has a packed lunch that it does not include the above foods.

We are aware that most parents encourage healthy eating at home, but often feel unable to control what their children buy from local shops and bring into school. By banning the above foods we hope to work in partnership with parents to help children make the right choices regarding healthy eating. Educating children about healthy and unhealthy diets is of course an important aspect of our mission too and we will continue to do this, and indeed do so with greater emphasis.

Yours faithfully

Mr J Dovey  
Assistant Headteacher  
Designated Safeguarding Lead