

**St. Martin-in-the-Fields High School for Girls
and Sixth Form (co-ed)**

11-19 Church of England Academy Founded 1699



17th February 2017

Healthy Eating and Drinking

Dear Families

There has been a noticeable increase in the number of students bringing canned and bottled drinks into school. These range from sugary pop and soda to high energy drinks, some of which contain over 100g of sugar. St Martin's has always had a policy that these drinks should not be brought into school and I am writing to you as a reminder and to reinforce this.

NHS tells us that the sugar in these drinks is producing a short term energy boost and then very quickly lowering mood. The impact is an increase in lethargy throughout the day and a reduction in concentration. This results in an inability to focus as well as the risk of causing long term damage to health.

Our ban of these drinks is in response to NHS advice and in line with our healthy schools plan. It is also aimed at improving our students' understanding of the consequences of a poor diet and to encourage a healthy lifestyle.

We allow students to drink water throughout the day and purchase low sugar drinks from our school caterers. We also have water available on the tables at lunchtime and we have water fountains around the school site.

Can I ask you to monitor what your daughter is bringing to school including giant size bags of crisps, which are not permitted, neither are huge bags of Haribo sweets.

Please visit the news and the well-being section on our website for further information, relevant documents and links to helpful websites.

Your support with this is much appreciated.

Yours sincerely

Beverley Stanislaus
Headteacher

A handwritten signature in black ink, appearing to read 'Beverley Stanislaus', written in a cursive style.

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WITH LOVE AND LEARNING

