



NORLINGTON SCHOOL and 6TH FORM

A SPECIALIST MATHEMATICS AND COMPUTING SCHOOL

Wisdom is Strength

Monday 25th February 2019

Dear Parent/Carer

You may be aware that child obesity and other illnesses related to an unhealthy diet (such as type 2 diabetes) are on the increase. Whilst fitness levels and levels of activity amongst young people are on the decline. It is increasingly important that we do whatever we can to ensure that all of our students are eating healthily or healthier. In some cases this is training them out of bad and unhealthy habits.

We wrote to all parents of Year 7 to 10 before half term informing them that we would be confiscating any unhealthy drinks, snacks or foods brought into school by students for the Norlington Olympics.

Following discussions with parents, staff and students we are now extending this to all year groups.

Therefore, from tomorrow 26th February 2019, the following items will be banned from school;

- Sweets.
- Chocolates.
- Crisps.
- Fizzy drinks / energy drinks or large cartons of fruit juice (one small carton is enough for one student). Large cartons of juice contain several times the recommended daily amount of sugar for one young person.

Your son is allowed to bring water and healthier snacks into school but only enough for himself. No Students should bring in large multipacks of these snacks / food as they are too much for one person to consume (e.g. 6 pack of bagels). Please encourage your son to bring in, or provide him with, fruit / water etc.

We will check students regularly and if any of these items are found they will be confiscated.

Thank you once again in advance for your support and cooperation.

Yours sincerely

K. Tonge
Assistant Principal

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