

19 June 2018

Dear Parent / Carer,

Healthy Eating - *When children eat better, they do better.*

In our continuing aim to raise standards at Outwood Academy Ormesby and ensure all students understand the need to live a healthy and balanced lifestyle, I have introduced some changes to the lunch and break time experience.

We have been working with our Local Authority provider to improve the quality and range of food on offer at lunchtime and the changes have been positively received. We now provide healthy food in line with government standards and we would like all students to access this service to ensure that they receive a healthy and balanced diet. DFE guidelines www.gov.uk/school-meals-healthy-eating-standards state:

There can't be:

- *drinks with added sugar, crisps, chocolate or sweets in school meals and vending machines*
- *more than 2 portions of deep-fried, battered or breaded food a week*

Therefore, as of **26th June 2018**, any food brought in from home, in packed lunches or for a snack, **must also follow the guidelines that we adopt in the Academy.**

Students will not be allowed to bring into the Academy the following food items:

- Fizzy drinks
- Crisps
- Chocolate or Sweets
- Biscuits / Cakes will only be allowed if eaten as part of a balanced meal and **packets** of biscuits are not allowed.

It is important that you understand that any of the above food items will be confiscated by staff and not returned. Failure to comply may result in a fixed term exclusion.

Please encourage your child not to spend their dinner money on the way to school and we suggest that you use the parent pay system to load dinner money directly onto your child's food account. If you require further details on how to access parent pay, we can provide this for you.

We have also increased the seating availability in the dining hall to enable all students the ability to sit down and eat their meal at their leisure, so that they experience the social side of eating with others.

Therefore, I have introduced the compulsory use of trays at lunch time. This will ensure that all the tables remain clean for the next sitting.

I have included an example of the new break and lunchtime menus on offer and information about accessing free school meals.

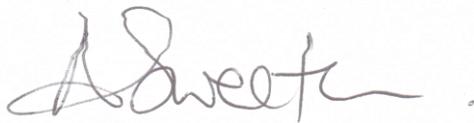
As you will see the emphasis is on encouraging students to eat a full meal at lunchtime as only snacks will be provided at break. This will be sufficient to keep hunger at bay for those pupils who are on last lunch and there will also be cheap options to enable parents to subsidise the free school meal allocation which can only be used at lunch time.

Student voice will be used to improve the food we offer as we develop our menus, tasting stations will allow pupils to 'try before they buy' and we intend to have theme days where we will introduce a range of food items that students may otherwise not have the opportunity to experience.

We will still offer treats for rewards for 100% attendance, effort grade 1 on praising stars and other celebratory events. However, this will then become a luxury rather than routine.

Thank you for your continued support in helping assist the Academy's clear aim of creating healthier children who have the best opportunity to learn and thrive. Please do not hesitate to contact me if you wish to discuss anything further. My PA can be contacted on j.day@ormesby.outwood.com.

Yours sincerely

A handwritten signature in black ink, appearing to read 'A Sweeten', with a small dot at the end.

Angela Sweeten
Principal