



BELFAST MODEL SCHOOL FOR GIRLS

Principal: Ms P Stuart, B. Ed, PQH NI, M. Ed

15th January 2018

Dear Parent / Guardian

Re: Healthy Eating

As the new year begins I wish to thank you for the way you have sent your daughter back to school. The students look immaculate in their uniform and are wonderful ambassadors for their school and home. I know you appreciate the importance of high standards of uniform and we are grateful for your continuing effort and support with this issue, particularly with reference to piercings, scarves and length of school skirts.

We now require your support for an initiative on which we are refocusing and raising awareness. This term and next, we will be actively encouraging the students to follow 'Healthy Eating Guidelines'. The importance of health and nutrition is becoming a major issue for us all, with frequent reports and advice appearing on television and in the press.

In the school canteen we serve 'Healthy Options' which comply with the Nutritional Guidelines set out for schools by the Education Authority. We want to extend our healthy eating to include what the students bring to school to eat and drink for their break time snack or packed lunch. All of our partner primary schools have a 'Healthy Eating' approach to break and lunch and so many of the students are already bringing healthy options to school. However, I am particularly concerned by what the students drink during the school day. This is particularly relevant at this time, as many students are approaching important external examinations and the effect of some drinks on behaviour and concentration is well chronicled. Please read the enclosed information leaflet with your daughter and discuss this issue with her.

To support and encourage the students to make healthier choices the following arrangements are being introduced:

Beginning **Monday 22nd January 2018** students will only be allowed to drink the following while on the school premises:

- Water / flavoured water
- Milk
- Fruit juice

Students **will not** be allowed to bring the following unhealthy drinks to school:

- Any fizzy / sugary drink – e.g. Coke, Lucozade
- Any energy drink – e.g. Boost / BPM

Students with unhealthy drinks will be asked to put them into the bin and the school will provide them with water to drink as a replacement.

I thank you in advance for your anticipated support with this issue.

Yours faithfully

Ms P Stuart
Principal

