

24<sup>th</sup> September 2018

Dear Parent / Guardian

Re: Healthy Eating and School Dining Centre

As the new school 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.

I now require your support for an ongoing initiative which we are promoting in school. This year we will once again be actively encouraging the students to follow 'Healthy Eating Guidelines'. The importance of health and nutrition is becoming a major issue for all of us, with frequent reports and advice appearing on television and in the press and magazines.

In the school dining centre, which we refer to as 'The Dunowen', we serve 'Healthy Options' which comply with the Nutritional Guidelines set out for schools by the Education Authority (EA). 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 already bring healthy options to school. However, I am particularly concerned by what the students bring to eat and drink during their break and lunch time.

**PLEASE NOTE: We have students in school who suffer from extreme allergies**

1. NUT allergy
2. ORANGES allergy

**Exposure to these foods or any extract of them will cause a severe allergic reaction in these students and could place them in grave danger. ALL STUDENTS ARE ASKED NOT TO BRING THESE FOODS TO SCHOOL AT ANY STAGE DURING THE SCHOOL YEAR.**

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

Beginning **Monday 24<sup>th</sup> September 2018** students will only be allowed to drink the following in the school:

- Water
- Milk
- Fruit juice – **not orange juice or other flavours containing oranges**
- Drinks provided by Dunowen

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

- Any fizzy / sugary drink
- Any energy drink e.g. Boost; RPM; Lucozade etc.

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

**Students should not be chewing gum on school premises at any time and will be asked to remove gum and put it directly into one of the bins provided.**

I am aware that some parents have been concerned about space at break and lunchtime for students. Please be reassured that we have extended the space available within school for break and lunch time and students now have access to the assembly hall for cold and packed lunches. Lunch is also now longer in duration than before. The dining centre staff are aware of student numbers and always prepare more than enough food - those students last in line have access to the same menu choices as those first in line. Year 8 students have dinner first and are brought to the Dunwoon 10 minutes before any other students. We also have additional supervisors on duty to respond to the needs of our students.

I have also recently met with the management from EA School Meals to discuss plans in moving forward to expand our school meals provision, service hatches, seating and the number of staff employed to serve. I am very hopeful that our requests will be responded to in a very positive manner in the near future. I will of course keep parents updated with any developments / progress.

I thank you in advance for your anticipated support with these issues.

Yours faithfully,

Ms P Stuart  
(Principal)