



Dear Parents/Guardians,

We are the Student Leadership Team, a group of students elected to help improve and enhance our academy.

One thing we are considering is how to support all students to have the opportunity for a healthy lifestyle. This will help all of us to have the best start for the future.

We are all aware that consuming an excessive amount of sugar can have a dangerous impact on someone's physical and mental well-being, as well as distracting us from our learning. The Student Leadership Team have decided it would be good to lead a series of assemblies about the negative effects of consuming too much sugar in our diet not to mention the money spent on these items (often bought in multi pack before school). We have made the decision that we would like the school to stop any types of energy drinks coming into the academy to ensure all pupils are kept safe from potential health risks.

As part of our mission, we have worked closely with the school catering service to ensure that we all receive a wide range of healthy meals throughout the day - so that we all have the opportunity to get our '5 a day'. All menus can be viewed on our academy website.

There will also be some new options on the school menu, which have been reviewed and selected by our Student Leadership Team. This has been agreed to ensure that our food is chosen by the pupils, for the pupils. For instance, increasing our vegetarian and vegan offer.

Finally, we have also been speaking with the school's leaders about improving our dining experience, and we have undertaken a review of what students enjoy and what they wish to improve with our lunch times.

In response to the feedback, we have had from the student community, we have reduced the queuing time by creating separate year group queues making the food stations more accessible. In addition, new barriers, help students form single file queues in the busiest areas. We also want to let people know how important it is to act respectfully while waiting for the lunches, so will be spending some of our lunchtimes providing a Student Leader presence to support younger students to ensure that everyone can enjoy their lunch breaks.

We would ask for your full support and co-operation in ensuring every member of our community is embracing this opportunity for a healthier lifestyle.

Thank you

The Student Leadership Team

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