



31st January 2020

Dear Parent/Carer,

Healthy eating at Cathedral Academy: a balanced approach

Your son/daughter has this week participated in an assembly regarding our approach to ensuring that they succeed academically and personally through a balanced diet.

As part of this, we are banning a number of food and drink items from the academy. As a parent/carers, you will understand the negative impact some of these items have on your child's academic performance. Therefore, from Monday 3rd February 2020 **the following items will be confiscated if brought into the academy:**

- All fizzy drinks.
- All energy drinks.
- Family or grab bag sized items including chocolate bars, crisps and biscuits.

We would like to stress that our approach is about supporting a healthy balance, so if your child brings a packed lunch with a standard sized biscuit or chocolate bar/packet of crisps, we would not confiscate such items.

A balanced diet puts your child in the best position to succeed, and the evidence demonstrates that they will benefit from improved focus and concentration. The academy appreciates your support in discussing with your child the reasons for this move.

If your child brings any of these banned items, and informs us that they are for their lunch, we will contact you to discuss this. Cathedral Academy are working towards and adheres to the Healthy Schools Standards, and we have reviewed our provision to ensure that it goes beyond the requirements of these standards. We also have ample water machines in the building where students can fill their own bottles with fresh water.

In addition to healthy eating, Cathedral Academy has recently had a renewed focus on uniform including punctuality, appearance and jewellery expectations. I would like you to familiarise yourselves with the uniform and jewellery expectations in the student planner and we appreciate your support in enforcing our expectations.

The academy would like to thank you for your continued support in ensuring your child is best placed to achieve their academic potential.

Yours sincerely,

Mr N Poskitt
Assistant Principal