

Our Ref GTR / OAR / SEP 17

8th September 2017

Dear Parent / Carer

Healthy Eating Initiative

At Outwood Academy Ripon our continuing aim is to raise standards and ensure all students understand the need for a healthy and balanced lifestyle. In order to improve student health, we have an academy healthy eating policy that is in line with the government's "Healthy Schools" initiative.

In accordance with this strategy, we provide a high level physical education programme, as well as a rigorous personal development curriculum that supports students' emotional and social wellbeing.

Our catering department produces food which is healthy, cooked to a high standard, and which meets government standards in terms of nutrition. We would like all students to have the opportunity to access the food service in the canteen, to ensure they receive a healthy and balanced diet.

Food must be consumed in the dining hall only, during the summer term this may, with Principal approval, be extended to the outside eating area.

Any food that may be brought in from home must also pertain to the government guidelines that we adopt in the academy. Please be advised as to foodstuffs that do not meet the needs of these guidelines.

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

- Fizzy drinks not provided by the academy
- Crisps
- Chocolates or sweets
- Biscuits and 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, if they are seen. A C4 detention will be issued to the student and any confiscated food items would then need to be collected by parents/carers.

To ensure that your child does not spend his/her dinner money on unhealthy food on the way to school, we suggest that you use the academy Parent Pay system to upload dinner money directly onto your child's food account. If you require further details on how to access Parent Pay, we can provide these for you.

Yours faithfully

Mrs Gemma Trattles
Academy Principal