

"We are committed to inclusion and ensuring no child or family is left behind."



Friday, 16 February 2018

Dear Parents & Carers

Abraham Moss Community School

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Food & Drink Letter February 2018

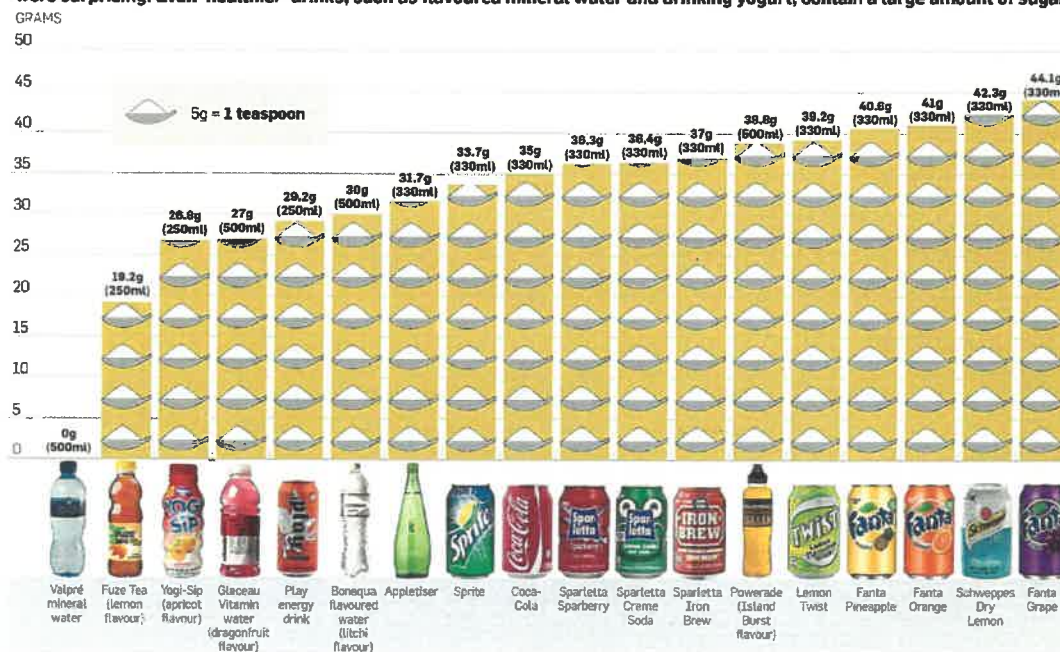
Staff and governors, along with the Pupil Voice Leadership Team are growing increasingly concerned regarding the type of food and drink pupils are bringing into the secondary phase of our school.

As of Monday, 26 February 2018 the following food and drink items will be banned from school.

1. All types of **Lucozade** as these are full of sugars and are not a healthy option for growing children.
2. All other high energy drinks, such as **Red Bull** and **Monster** because these are also high in sugars as well as caffeine; they also contain taurine which is a derivative of the semen from a bull.
3. All drinks containing caffeine, such as **Pepsi** and **Coca Cola** due to the fact that this additive makes pupils hyperactive which prevents them from learning.
4. Tubes of **Pringles**, large bags of **Doritos** and other varieties of crisps.
5. Large bars of **chocolates** that are for sharing.

Teaspoons of sugar in Popular Drinks

We gathered a few popular drinks from our canteen's refrigerator to check how much sugar each one contains. The results were surprising. Even 'healthier' drinks, such as flavoured mineral water and drinking yogurt, contain a large amount of sugar



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From Monday 26th February all the above items will be **confiscated** and then returned to your child at the end of the school day.

From Monday 5th March all the above items will be **disposed of** as bringing them into school will be seen as an act of defiance and a breach of the school rules.

If you give your child dinner money to spend in school and you want to check that they have used the reval machines then please contact the school and we will be able to tell you whether your child/children have done that.

If you provide a packed lunch for your child please ensure that it is appropriate. We have recently had secondary school children sent into school with cold Mc Donald's which is totally inappropriate and I am sad to say that we also have had primary school children sent in with sandwiches that have 'sprinkles' otherwise known as sugar crystals in them. We will do all we can to support families provide a healthy lunch for their children but I would remind parents of the role they play in educating their child regarding healthy lifestyle choices.

Teaspoons of sugar in Lunchbox Favourites

	Sugars (g) per 100g	Sugars (g) per serving	Teaspoons* per serving
 ■ The Fruit Factory Sports Mix-Ups (18g)**	81	14.6	3.6
 ■ Tesco Yogurt Coated Strawberry Fruit Bites (25g)	70.1	17.5	4.4
 ■ Fruit Bowl Fruit Flakes Raspberry Rush (25g)	69	17.3	4.3
 ■ Whitworths Sunny Raisin Coated Custard Raisins (25g)	68.8	17.2	4.3
 ■ Organix Goodies Organic Fruit Gummies Strawberry & Apple (12g)	67.2	8.1	2
 ■ Haribo Starmix (16g)	47	7.52	1.9

*4g of granulated sugar is equal to 1 teaspoon of sugar. **Serving size as stated on product packaging [Source: Action on Sugar]

I am proud to say that a group of pupils in the primary phase will be opening up a healthy tuck shop shortly after half-term; this is the kind of enterprise I want to encourage across our school.

Yours sincerely,



Ms. G. B. Houghton
Headteacher