



# The Hollins Technology College

A High Performing Specialist School

Headteacher: Mr S Campbell BEd Hons



9 December 2011

Dear Parents / Carers



## *HEALTHY CHOICES*



In recent years there has been a great deal of emphasis on eating and choosing healthy options. Here at The Hollins we provide students with meals and drinks that meet national nutritional standards and we are always looking to improve our service.



Recently, we have noticed some students whose behaviour is being affected by either high energy (caffeine) or sugar based drinks, both still and fizzy. In many cases these are being drunk on the way to school in the morning, resulting in students having a 'sugar rush'. This can affect their behaviour and reduce their ability to concentrate in class.



As a result of this, and after consultation with the governors, we intend to ban all fizzy drinks and energy drinks from school from January 2012. We see this as a sensible and reasonable action which will help all children in school. To continue to allow these products in school would go against our 'Healthy Schools' Policy'.



We very much hope that you will support us in this action by not giving these drinks to your children to bring to school. We will also be asking local shops not to sell these drinks to Hollins students.



If you wish to discuss this matter with me, please do not hesitate to contact me at school on 01254 233500.

Yours sincerely



S Campbell  
Headteacher



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