

Our Ref: JGT/PGY

25 January 2018

Dear Parent/Carer

In our continuous drive to raise standards at Outwood Academy Danum and ensure all students live a healthy and balanced lifestyle, we are introducing a healthy eating policy in line with the Healthy Schools initiative. It is important we follow the guidelines provided by the Healthy Schools initiative as there is a proven direct link between your child's academic progress and the healthy lifestyle they adopt at school.

In September 2017 we recruited a new catering team who ensure your child is provided with a healthy and balanced diet in line with government standards. In addition, it is essential that any food brought in from home must follow the guidelines that we adopt in the academy. We are currently in the process of refining these guidelines and would appreciate your support.

This is an example of a menu that you can expect your child to have at Outwood Academy Danum. We always have a vegetarian option.

	Cold option	Hot option (All served with a selection of fresh vegetables and potato option)
Monday	Various salads / sandwiches/ jacket potato with hot and cold fillings / yoghurts / fruit	Beef lasagna / Cumberland pie / macaroni cheese
Tuesday	Various salads / sandwiches/ jacket potato with hot and cold fillings / yoghurts / fruit	Chicken casserole / Beef madras curry and rice / Leek and potato hot pot
Wednesday	Various salads / sandwiches/ jacket potato with hot and cold fillings / yoghurts / fruit	Chicken enchiladas / steak pie/ tuna pasta bake
Thursday	Various salads / sandwiches/ jacket potato with hot and cold fillings / yoghurts / fruit	Lamb jalfrezi and rice / Savory minced beef hot pot / County vegetable bakes
Friday	Various salads / sandwiches/ jacket potato with hot and cold fillings / yoghurts / fruit	Fish and chips / Oven baked pork sausages and gravy / Pizza margherita

We have been dismayed to see students forgoing a healthy lunch to eat family packs of crisps or biscuits which are extremely unhealthy.

To work within the guidelines of the Healthy Schools Initiative, as of Monday 5 February 2018, students **should not** bring into the Academy the following food items;

- Fizzy drinks not provided by the Academy (including energy drinks which have not been allowed in school for some time)
- Crisps
- Chocolate or sweets
- Packets of biscuits/cakes.

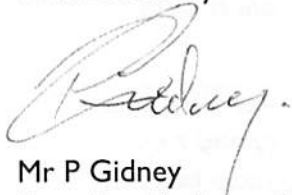
We request that you support in asking students to not bring these items into school.

I sincerely hope that you will support us in our mission to create a healthier Academy and I am sure you will agree that healthier children do better in learning and in life. By enabling children and young people to make positive changes to their behaviour regarding health and well-being, you will be helping them reach their full potential in terms of achievement, as well as encouraging good habits which will benefit them both now and in the future.

We would also like to have your opinions, so we can work together to ensure your child is given the very best opportunity of making outstanding progress at Outwood Academy Danum. Please can you take the time to fill in the comments section below and return it to the student information desk, no later than Monday 29 January 2018.

Thank you for supporting us and please do not hesitate to contact me if you have any points you wish to raise in response to encouraging the young people in our Academy to make the right choices with regard to health and wellbeing.

Yours sincerely



Mr P Bidney
Associate Assistant Principal

Healthy Schools Initiative Questionnaire – Please return to student information desk.

Name of Student:
Are there any other items of food you think should not be brought into school?
Are there any items of food you think should be offered by the school?
Are there any items of food you think should not be offered by the school?
Any other comments: