



Health Futures UTC
350 High Street
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Friday, 23 October 2020

Dear parents

Re: National Schools Breakfast Programme

I would like to draw your attention to an issue that has become increasingly concerning over the last few weeks. There is a noticeable increase in students eating sweets and chocolate before school, who often tell me that this is their breakfast. Likewise, at lunch time, a number of students are eating sweets, chocolate, crisps and biscuits for lunch. Many students bring high caffeine energy drinks or fruit juices with a very high sugar content into school. Some students with an entitlement for free school meals are not taking up their free meal but, instead, filling up on very unhealthy alternatives. The long term results of teenagers eating an unhealthy, high sugar or fat content diet can be extremely detrimental to their health.

In September, Health Futures UTC joined the government's National School Breakfast Programme (NSBP), which is being delivered by the charities Family Action and Magic Breakfast. As a member of the NSBP we are pleased to offer healthy bagels, porridge and a variety of healthy cereals **free** to all students, at our Breakfast Club, which takes place daily from 7:30 am until 8:25 am.

Government studies show that there are numerous benefits of a healthy breakfast for teenagers, such as improved concentration, better behaviour, a healthier lifestyle and generally happier students. The wider benefits beyond breakfast include ensuring students are in school on time, they are interacting with other students in an informal setting and enrichment for students, for example, non-academic skills and enjoying the benefits that brings, with children settled and ready to learn at the start of the school day.

I am urging parents to speak with their child and encourage them to take up the opportunity of a free, healthy breakfast in school and not to spend their money on junk food on the way to school. Our lunch menus are varied and provide a nutritionally balanced diet, which caters for all tastes. Alternatively, they can bring a healthy packed lunch from home, if they prefer.

Yours sincerely

A handwritten signature in blue ink that reads "R. Umerah".

Mrs. R Umerah
Principal

