



13 May 2021

Dear Parent / Carer

Lessons at Outwood Academy Riverside have a huge focus on Health and Wellbeing. We are committed to making sure that our students are able to achieve the very best outcomes from their education with us and their lifestyle plays an important part in this. Therefore, I would like to take the opportunity to remind you of our expectations of school lunches, drinks and snacks in school and ask for your support.

Students eligible for Free School Meals are entitled to a Meal Deal at lunch time free of charge and all students are welcome to use their iPay account to purchase a range of healthy and home-made items at break time and lunch time. Alongside this, a free breakfast is provided each day for all students in the Dining Hall from 8am.

Of course, some students prefer to bring in their own food which is absolutely fine, but we encourage healthy eating and therefore the following items are **not allowed** to be brought to school:

**Items not allowed**

Crisps  
Chocolate  
Fizzy drinks  
Nuts (due to allergy risk)  
Energy drinks  
Sweets  
Hot drinks (tea/coffee)  
Pasties  
Cakes

If a student brings any of these items into school then they will be confiscated. They may be collected at the end of the school day but must not be brought back into school. We would suggest a healthy lunch such as a sandwich or wrap, some fruit and vegetables and yoghurt.

I thank you in advance for your support in this matter as a healthy lunch helps a healthy mind!

Yours sincerely



Miss S Green  
Associate Vice Principal