



Our ref: KSN/CLE

12th December 2014

Dear Parent/Carer

I would like to bring your attention to some changes that we will be making at the College as of January 2015 to improve the well-being of our students. As a College we are constantly looking at ways to improve the health of our students and this includes supporting those students who have food allergies.

We have recently seen an increase in the number of students who have an allergy to nuts. The consequence of these students coming into contact with nuts can be life threatening. Café Oakmeeds is already nut free. The next step is for all curriculum areas (e.g. food technology) to also become nut free. Additionally, and in order to minimise the possible side effects and dangers to any students with a nut allergy, may I please ask that you do not send your son/daughter into school with any products containing nuts, for example in packed lunches and at charity cake sales where nuts may go undetected in home baked products.

To help parents and students to be made aware of the ingredients found in the products sold in Café Oakmeeds, and in line with new legislation, an allergen register of all food served has been compiled and can be found in the College website. A folder is also available in the Café for any students to refer to.

Additionally, I have been working with Sue Everest the Café Oakmeeds Manager on another matter that I need to bring to parents' attention. The Café provides a wide variety of healthy, nutritional snacks and meals but we have identified that at times some students are only buying in-house baked cakes and biscuits at lunchtime. Whilst all of the in-house baked goods are additive free and delicious, they do not constitute a balanced meal. We have therefore taken the decision that from Monday 5th January students will only be allowed to purchase a total of two cakes or biscuits per day. Posters informing students of this change are displayed in the Café and students will be reminded during assemblies after the Christmas holidays. I hope you can understand the reasoning behind this change and will discuss this with your son or daughter and support the College.

Sue Everest will be leading a group of students to help to develop the range of healthy eating choices in the Café. Relevant information will be given to students at the start of next year. Please encourage your son/daughter to join this working party if this is of interest to them.

May I take this opportunity to wish you a Merry Christmas and a healthier new year!

Yours sincerely

Ms K Stanton
Assistant Headteacher

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