

19th May 2021

Dear Parent/Carer

This last year has been like no other and hopefully we will shortly be getting back to normal routines. I would like to focus your attention on the key school rules and I would be grateful if you can reiterate these to your children, so there is no confusion going forward.

Mobile Phones

Mobile phones can be brought into school. However, mobile phones should not be used for any purpose whilst on the school grounds, unless permission has been granted by a member of staff. This rule takes consideration of safeguarding and data protection policies. If a mobile phone is used, a member of staff will confiscate the device and take it to the school office where it will be placed in the safe. The phone will remain in school until the parent or carer collects it. Any messages from parents to students should be sent via the school office. Likewise, students must also use the office to contact home.

Energy/Fizzy Drinks

Energy drinks are not permitted in school. Any fizzy drinks brought into school will be confiscated. A world health organisation report identified the following potential risks associated with energy drink consumption:

- Caffeine overdose (which can lead to a number of symptoms, including palpitations, high blood pressure, nausea and vomiting, convulsions);
- Type 2 diabetes – as high consumption of caffeine reduces insulin sensitivity;
- Neurological and cardiovascular system effects in children and adolescents;
- Sensation – seeking behaviour;
- Use and dependence on other harmful substances;
- Poor dental health;
- Obesity - As adults we have a responsibility to ensure that our young people are provided with the best opportunity to thrive, enjoy a healthy and nutritious diet and perform well in school. Therefore, I am asking for you to support us by ensuring that your child does not bring fizzy drinks to school.

Chewing Gum

Chewing gum is not permitted in school. It is difficult to remove and can cause damage to surfaces. Not to mention the time needed by staff to remove it.

Uniform

Students must always wear the correct uniform, in school and to/from school. This includes plain black shoes. Training shoes will not be accepted.

Jewellery

Students may wear a watch but no other jewellery.

Hair Colour

Hair must not be excessively dyed and only consist of natural colours.

Students arriving to school

Once a student arrives at school, either by bus, car or on foot, they must not go to any local shops. Students are regarded as being in our care once they have arrived at the school gate.

The school rules outlined are just some of the rules that help staff to keep all children safe and promote high standards and expectations. As adults we all have a responsibility to help our young people form good habits that will help them to become happy and respectful young people.

Yours faithfully

A handwritten signature in black ink, appearing to read 'L. Rodham', written in a cursive style.

Linda Rodham
Headteacher