



Kentish Town Church of England Primary School

(St. Benet & All Saints)

Headteacher - James Humphries

Tuesday 13th November 2018

Dear Parents and Carers,

Re: Healthier Class Teas

I am aware that there is some confusion regarding the move towards healthier class teas and so this letter is by way of clarification.

As a Healthy School, it has been suggested by Camden Health and Wellbeing team that we look to reduce the amount of sugar consumed by our children during the school day and this includes class teas. On our website are some suggestions for healthier options that you might like to consider making for your child's class tea. Cakes, biscuits and savouries are welcome as well.

We would very much like to discourage the inclusion of sugary drinks (Capri Sun etc) as these are at odds with our "water only" policy in school – and many of these drinks are laden with sugar or artificial sweeteners.

My view is that we can rely on the common sense of our very supportive parents and carers to make informed and healthier choices, while still enabling everyone to enjoy a treat and raising funds for their children's class.

As I have mentioned before, please do come to speak with a member of staff if you have any queries regarding class teas.

With thanks as ever for your support.

Best wishes,

James Humphries
Headteacher

