



John the Baptist
Community School
Hospital, Co. Limerick
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Dear Parent / Guardian,

In John the Baptist Community School, we are continually striving to maintain and improve on our Healthy Eating Policy within the school. In recent years we embedded and improved on healthy eating habits that are fostered in primary school and will endeavour to promote healthy eating within the school.

The Healthy Eating Committee within the school, which includes both students and teachers, continue to promote the health and wellbeing of our school community. For the coming term, our focus is on 'Fizzy and Energy Drinks'.

Recent research has highlighted the negative consequences of these drinks on academic progress as it affects concentration and student behaviour. We are also very concerned about the long-term effects on health and wellbeing, as it is linked to an increased risk of obesity and Type 2 diabetes.

As part of the initiative, "fizzy" carbonated and energy drinks e.g. Lucozade sport, are not allowed in our school from Monday 27th of November, and therefore will be confiscated. We will of course return any bottles so that students can avail of water. We value your support in discouraging your teenager from buying such drinks before school and bringing them to school.

Students have been reminded of this policy in the past few day.

We appreciate your cooperation in this matter, for the benefit of the health and wellbeing of our students and school community.

Many thanks.

Yours sincerely,



Rachel Hayes,
Principal.