



GUILDFORD COUNTY SCHOOL

Specialist Music College

Headteacher: Peter Costello MA

Patron: Julian Lloyd Webber FRCM



music colleges

Farnham Road
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18 July 2007

Dear Parents

A Healthy Diet for All

You will be aware that over the past year we have made significant improvements to the diet which we offer your children in school. At lunchtimes we provide a range of healthy meals and snacks, including more fruit and vegetables and reduced fat, sugar and salt, and we have stopped the sales of fizzy drinks. From September we will ensure that our catering at breaktimes also makes full provision for a healthy diet for our students.

There is now clear evidence linking young people's diets to their behaviour, their ability to concentrate, and their achievements in school. We are therefore asking for the support of those parents who provide packed lunches and other snacks for your children to bring to school. From September we propose to ban a range of unhealthy snacks which will no longer be welcome in school. If you provide your children with a packed lunch or snack, please insist that they do not bring crisps or savoury snacks, chocolate-coated or cereal bars, sweets of any kind, or fizzy drinks into school, and that they do not buy them on their way to school.

We believe that we will only be successful in conveying a message about healthy diets to all our young people if the school and parents are consistent in our approach. To make this challenge a little easier, we are introducing a new facility for parents to pay for school meals from September. You can now send in cheques to the school office to meet the price of a set meal priced at £1.75 over a given period. For example a cheque can be for £8.75 for one week at a time, or can cover a longer period of half a term. The new system can give you as parents the reassurance that your children are eating a healthy meal, and reduce the risk of cash being lost or stolen. The value of a free school meal also rises to £1.75 in September.

In addition we are introducing in September a new breakfast bar. Any students who arrive in school early or who do not have a daily breakfast before leaving home each morning will be welcome to eat and drink in the Dining Room each day from 8.00am to 8.30am. Students can also buy their lunch ticket at the breakfast bar each morning.

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Medicines in School

Finally, new regulations about dispensing medicines in schools have recently come into force. If medicines are brought into school, they should be still in their original packaging, stating the dosage and the student's name. We must also receive a letter of authorisation to dispense any medication, including paracetamol. We will always try to contact you if your child should require such medication. We are not permitted to have Neurofen, Ibuprofen, Codeine or other such medications in school. If your child has been prescribed an asthma inhaler or an Epipen, please provide us with a spare with the student's name on.

We ask you to discuss the contents of this letter fully with your children so that we can all work together to contribute to a healthy future for every student who attends Guildford County School.

Yours sincerely

Peter Costello
Headteacher

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