

February 2026

Dear Parents and Carers,

Healthy Eating

At Deptford Green, our ethos of **Explore, Dream, Discover** places student wellbeing and success at the heart of everything we do. As part of our commitment to healthy lifestyles, we are writing to inform you of an important update to our food and drink expectations.

From 23rd February, there will be restrictions on food allowed in school. If your child is seen eating restricted items which includes fizzy drinks and grab bag sized snacks they will be confiscated. See below for what is and isn't allowed.



This decision has been made as part of our ongoing commitment to promoting student health, wellbeing and positive learning behaviours. Research and our own experience show that high-sugar and highly processed foods can negatively affect concentration, energy levels and emotional regulation. By encouraging healthier choices, we aim to support students in feeling their best and engaging fully in learning.

This change also supports our wider work around personal development, including teaching students about responsibility, self-care and making informed choices. We want to help young people develop healthy habits that will benefit them both in school and later in life.

We understand that changes like this can take time to adjust to, and we appreciate your support in reinforcing these expectations at home. Our school canteen continues to offer a range of healthy, affordable options, and guidance on suitable snacks and drinks will be shared with students.

Please find below websites which offer healthy ideas for snacks and lunches are:

nhs.uk/healthier-lunchboxes and knowsley.gov.uk/lunchbox-ideas.

Kind regards,

Jillie Pritchard, Director of Primary and Community Outreach