

# YSGOL BRYN ALYN

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Dream. Reach. Achieve.

22nd October 2019

Dear Parent/Guardian,

## Uniform & Energy Drinks

We have now taken delivery of our new standard skirts. As a result, **the only school skirt that will be accepted as from Monday 4<sup>th</sup> November will be our standard grey/green tartan school skirt.** Our skirt and all other YBA uniform is available to purchase from Sarah's Embroidery, based in Penley (<https://sarahs-schools.myshopify.com/collections/bryn-alyn-school>)

Please could I also take this opportunity to remind you of our trouser standards too, trousers should be **straight legged (NOT slim/skinny fit)** black, cotton / polyester / viscose, tailored and full length (resting on the shoe). The following items are **NOT** acceptable - leggings/jeggings, jogging/tracksuit bottoms and any trouser made from canvas, jersey, lycra or denim fabrics. Please can I also remind you that **trainer socks are NOT permitted. Socks must cover the ankle and at least meet the base of the trousers.** Your child will have their standard card signed if their uniform does not meet our school requirements and this, in turn, will lead to lunchtime detentions if their uniform is incorrect.

As stated in our uniform leaflet, we expect a high standard of appearance from our pupils so that valuable staff time will not be spent dealing with issues relating to problems with school uniform. As a clearly identifiable school community, we are continually striving to instil a sense of pride in our school as well as ensuring pupils are not under any pressure because of the type of clothes they wear. Our dress code also helps prepare our pupils for life after school where many will have to dress smartly for work or wear specific work/company uniform.

In January the Welsh Government, as part of their Obesity Strategy, began a consultation on the sale of energy drinks to children under the age of 16 in Wales. There are a number of pupils who consume these drinks during the school day and we are extremely concerned about the negative effect these drinks have. Their high sugar content is often accompanied by a high level of caffeine and this is having a detrimental effect on our pupils and their attention and concentration in class. According to the World Health Organisation, high-caffeine energy drinks could be storing up "a significant public health problem" for the future. Consumption of these drinks can lead to insomnia, anxiety issues, headaches, nausea, heart palpitations, abdominal pain, type 2 diabetes and bed wetting. Rather than helping pupils stay alert they can result in young people falling asleep during the day due to problems with sleep at night time. It is our opinion that all these drinks are detrimental to the health of our pupils and that they contain no nutritional benefits. **Therefore, as of Monday 4<sup>th</sup> November, energy drinks will be banned at Ysgol Bryn Alyn.** Pupils found to be in possession of these drinks after this date will have their drink confiscated and disposed of. The pupil will also receive a lunchtime detention. We would like to encourage our pupils to consume water throughout their school day in order to maintain hydration and improve cognitive function.

Thank you for your ongoing support with both of these issues.

Yours sincerely

Mrs A. Slinn  
Headteacher