



St. Mary's Christian Brothers' Grammar School
Scoil Mhuire na mBráithre Críostaí



147a Glen Road, Belfast, BT11 8NR 147a Bóthar an Ghleanna, Béal Feirste, BT11 8NR
Telephone: (028) 9029 4000 Fax.: (028) 9029 4009
Website: www.stmaryscbgs.com

'Nurturing faith, promoting partnership, excelling in teaching and learning, creating a caring school community and inspiring transformational leadership.'

September 2019

Dear Parent /Guardian

I would like to make you aware of the **Breakfast Club** we have on offer each morning in school. This is available between the times of **8.10am and 8.45am** a breakfast meal deal for the cost of £1.00.

The menu for the Breakfast club is as follows:

- 1 Cereal – Weetabix or Cornflakes
- 1 Glass of pure orange
- Scrambled eggs
- 2 Slices of toast
- 1 Cup of tea.

As you will be aware break time is now scheduled at the later time 11.10 am this year. It is therefore imperative that your son has a substantial meal at the start of the day so that he can engage fully in the classroom. We would encourage you to ensure that your son avails of a proper breakfast at home or what we have on offer in school at our Breakfast Club.

I want to also draw your attention to our Code of Conduct, published in your son's Home School diary. In particular, I want to highlight to you that stimulant drinks are not permitted on the school campus and any pupil found with these will have them confiscated. A number of these drinks have a very high sugar content. Research indicates that regular digestion of these could have an adverse effect on your son's health and behaviour. These concerns are clearly outlined on the NHS website. Potential risks associated with energy drink consumption include: High blood pressure, type 2 diabetes, neurological and cardiovascular system effects in children and adolescents, poor behaviour, poor dental health, obesity and may lead to dependence on other harmful substances. I have included the link for your reference.

<https://www.nhs.uk/news/food-and-diet/warnings-issued-over-energy-drinks/>

We would ask you to support us to ensure that your son starts the day with a healthy breakfast and makes good dietary choices.

Yours faithfully

Siobhan Kelly
Principal