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Some gentle reminders... 😊

Dear Parents/ Carers,

Over the last 2–3 weeks, children have started to bring some things into school that during the day and sometimes in lessons, can be a problem.

Toys

Unless there is a request from us - usually as part of a topic – **no toys please should be brought in from home**. As well as often distracting the children from learning, we always worry about things being lost or broken... and them becoming understandably upset.

Drinks

All of our pupils have their own water bottles which are cleaned and filled daily (sometimes more when it is particularly hot). There is also water available throughout lunchtime.

A number of children, more recently, have come in with bought 'high sugar' content drinks (e.g. fruit shoots, energy drinks). Whilst there is of course a place for these at home, as I'm sure you are aware, they often lead to the person becoming thirstier... and combined with the heat, the sugar hit can result in children becoming very unsettled.

Snacks

At breaktime, children are able to have a piece of fruit (school receive this free until children reach Year 3), pay for our daily snack or bring in a snack, 'healthy' option – this could be, for example:

- Fruit
- raisins
- Plain biscuit(s)
- Plain (or dried fruit) sponge/ muffin

Cereal bars, 'Winders', etc tend to be high in sugar and/ or salt.

My biggest worry with the things I've mentioned, is that our pupils are generally aware of the above and so more recently, some children have been hiding things and 'sneaking' into cloakroom areas, sometimes mid-lesson, to get to their toy/ snack/ drink. We of course, do not want them to feel the need to do that.

Many thanks for your continued support,

Mr Clark

