

Our Ref: KSH/ADL/Nutrition Letter

February 2009

Dear Students, Parents and Members of Staff

We are always looking for ways in which we can help our students to achieve their potential. Examination success is, of course, one very important aspect of this and we are, therefore, excited to share with you a new and innovative idea which may be of benefit to our students in their forthcoming examinations.

James Kennedy is an ex Crofton student who is an expert in fitness and nutrition and who has researched in depth the Glycemic Index (GI), which is a measurement of the speed at which different carbohydrates release energy. James is of the opinion that a focus on GI, if incorporated into a balanced and healthy eating programme, could enhance concentration and energy levels.

In consultation with our PE department, James has developed a hypothesis that postulates- *By consuming, at the appropriate time, carbohydrates that release energy at the desired rate students could perform more effectively when revising and when taking examinations.*

In order to test this hypothesis 18 students and 4 members of staff at Crofton took part in a pilot study. The results have been so positive that we are now inviting Year 11 students, together with their parents/guardians and members of staff to a presentation by James Kennedy on **Thursday, 5 March at 7pm in the school hall.**

In this presentation James will outline how our bodies need and use proteins, fats, carbohydrates, vitamins and minerals. He will present the hypothesis before detailing the changes in diet that produced the positive effect on concentration and energy levels of those within the pilot study group.

If you would like to attend the presentation, please complete the slip below and return it to Mrs Angela Dell, PA to Headteacher. School uniforms **do not** have to be worn. As numbers are limited, an early return would be appreciated.

Yours faithfully

Ken Shearsmith  
Advanced School Teacher

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Name : .....

I would like to attend the presentation by James Kennedy on **Thursday, 5 March at 7pm** in the school

hall of Crofton School and wish to reserve ..... seats.

..... Parent/Guardian/Member of staff.