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Dear Parents and Guardians

Stowe School Sports Supplements and Visitors Policies

May I please draw your attention to Stowe's policy on Sports Supplements, which states that:

'Stowe School fully endorses the Medical Officers of Schools Association (MOSA) statement below, and will only authorise the use of specific sports supplement/s if there is an identified need for the pupil in question:

MOSA does not recommend the use of sports supplements in adolescents. Young athletes should be encouraged to eat a wide range of healthy foods and ensure they are well hydrated when exercising. They should not need to use dietary supplements and athletes and coaches should be aware that these do not provide a "short cut to success".

A sports supplement is defined as the following:

Products that are used to enhance athletic performance that may include protein and caffeine supplements. These products are generally available over the counter without a prescription.

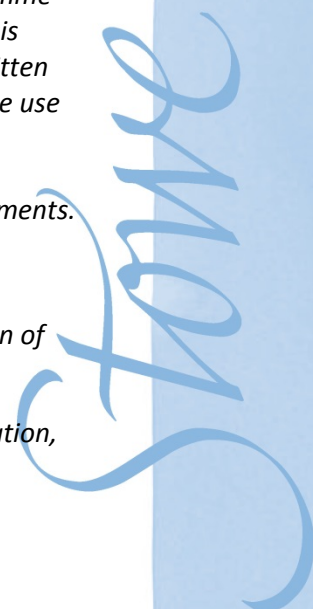
The use of sports supplements by 3rd and 4th Form pupils is prohibited.

In the case of other pupils, there may be some athletes where the use of sports supplements has been approved by their coaches but (other than protein supplements) these must be in discussion with the Director of Sport and the School Medical Officer and with the written consent of the athlete's parents. In the case of protein supplements, the use of these by pupils is limited to those which may be bought legally and over the counter, and where this is part of a training programme that has been sanctioned by the School. Any pupil using protein supplements on a regular basis should only do so with the permission of their Housemaster or Housemistress and with the written consent of the pupil's parents. Where the Housemaster or Housemistress is concerned that the use of those protein supplements may be detrimental to the health of the pupil in any way, the Housemaster or Housemistress should refer the matter to the Director of Sport and the School Medical Officer for advice, and can require the pupil to discontinue using those protein supplements.

Any illegal supplements or those containing creatine are banned.

Any breach of the School's policy on the use of Sports Supplements will result in the notification of parents and/or guardians and the confiscation of the supplements.

Pupils at Stowe are encouraged to lead healthy and balanced life-styles where exercise, recreation, rest, sleep and a healthy diet are valued.'



While there may be some instances in which protein supplements are approved as part of a regulated sports programme, our approach is that pupils (including those who are performance athletes) should generally be able to get all the protein they need as part of a balanced diet, and this is endorsed by NHS guidelines. While we do of course encourage and promote exercise and physical fitness in all Stoics, we are keen to ensure that pupils are not using supplements that may have a detrimental effect on their health, or as a substitute for a more balanced and nutritional diet.

May I also draw your attention to our policy on visitors to boarding houses. As I am sure you will appreciate, we are obliged to monitor all visitors to our boarding houses in order to comply with safeguarding legislation. In order to do this, part of our policy on visitors to boarding houses includes the following:

'Visitors to the House who are not on the boarding house team, including parents of any Stowe pupil, are expected to check in with the HSM, Matron or the member of staff on duty on arrival. At the beginning and end of terms, Half terms and Exeats, parents and guardians may access dorms and bedrooms. At other times, they should check with the HSM, Matron or member of staff on duty to see if it is appropriate to enter the boarding accommodation areas of the House.'

Should you have any questions on our Sports Supplements or Visitors Policy, please contact me.

Yours sincerely



James Peppiatt

