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Drinks in school

Dear Parents/Carers,

It's really important that we all keep hydrated with a healthy drink throughout the school day.

This letter is to clarify what drinks can and cannot be brought into school on a daily basis. Please note, many schools have a strict 'water only' policy – we understand that not all children like water and as such we are prepared to be flexible within reason.

We encourage all children to have their own water bottle in school.

The following drinks are **allowed** in school:

- Still water.
- Still fruit squash (must be sugar free).
- Still flavoured water (e.g. Volvic Sugar-Free flavoured water).

All other drinks are not allowed in school, these include:

- Any fizzy drinks
- Isotonic drinks (e.g. Lucozade Sport).
- Energy or caffeinated drinks.
- Fresh fruit juice.
- Fruit squash drinks containing sugar (Oasis, Ribena, etc.).
- Milkshakes.

Thank you for your support in ensuring we are promoting healthy choices in school. If you have any questions regarding the above, please speak to myself.

Yours sincerely

Mr. C Heeley

Headteacher



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