

Fiddlers Lane

Community Primary School

Fiddlers Lane, Irlam, Manchester M44 6QE www.fiddlerslanepriamaryschool.co.uk

Telephone: 0161-775 2490 Headteacher Ms S Cooper BSc (Hons) PGCE

Dear Parents and Carers,

Please remember that the school policy, in line with most other schools in the country, is that only water can be brought into school in water bottles for drinks during the day. The only exception to this is during lunch time, where non-fizzy drinks can be brought in or purchased from school.

Please do not send in cordial, or anything other than water, for your child to drink in the classroom. Children have free access to fresh, cool water, including at dinner times.

Advice has been given from the school nurses and dentists regarding drinks. They have told us that research shows that juice with a meal is less damaging to teeth, than drinking juice on its own throughout the day.

Please read the information below to see why water is so important for our body and brain.

Importance of Water

Did you know that your body was made up of about two thirds water? Therefore it is not surprising that water is vital to our health and wellbeing. Here are just a few examples of how much water some organs of the body contain:

- Skin – approximately 70% water
- Muscle tissue – approximately 75% water
- Brain – approximately 85 % water

It would then seem to follow that a lack of water would have a direct effect on our ability to perform to our full potential.

The benefits of an adequate water intake are widely recognised and these include: healthy skin, less dental decay, increased concentration, good energy levels and an ability to sustain activity.

With the body containing so much water it is hardly surprising that an inadequate fluid intake throughout the day can lead to dehydration. This in turn can lead to the following symptoms, and can then directly impact on their ability to perform:

- Headaches
- Reduced energy levels
- Tiredness
- Reduced concentration levels
- Increased irritability
- Loss of appetite

If a pupils needs to have a drink other than water, due to medical reasons, this can be arranged. A letter, from a medical professional, stating the reasons for drinks other than water must be provided.

Thank you for supporting the school policy.

Kind regards

Ms S Cooper
Headteacher



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