



Bandon Hill Primary School

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Dear Parents

'Water is Cool in School' – Water Bottles on Desks

I am sure that many parents will have read recent articles about the need for us all to drink more water during the day. Experts recommend at least 6 – 8 glasses per day, and during the hot weather even more! Low fluid intake can lead to health problems and can affect concentration and learning.

We have introduced a scheme whereby children may bring a water bottle from home to have on their desks during the day.

The following rules apply:

- To prevent bottles getting mixed up and to allay concerns about hygiene a permanent marker or washable label must be used to label bottles with the child's name and class.
- The children should only bring and drink still water – fizzy water will not be allowed neither will sweet drinks as these are harmful to the teeth.
- Non-spill sports-style caps avoid mess if a bottle is accidentally knocked over.
- Bottles must be taken home daily for cleaning and refilling.
- Children can be told not to drink while a teacher is talking in class.
- Water bottles will not be allowed in the ICT Suite or assemblies.
- Water bottles are in addition to other drinks at breaks (eg milk) or in lunchboxes.
- If water bottles are misused, bottles may be removed either temporarily or for a longer time.
- The school will not be responsible for any lost or mislaid bottles.
- Water bottles must be brought in at 9 am. The school office will not telephone parents to request bottles that have been forgotten; neither will they take bottles, which have been brought in late, to classes.
- Teachers will also model drinking water in class.

Thank you in anticipation of your help in making this scheme a success.

Yours sincerely

LAURA RODGER
Headteacher