

Information about drinks in school

At South Hiendley Primary School, we want to ensure that children, parents and staff work together to create a healthy community. Many parents have asked for clarity about the rules for drinks in school. Please see the information below.

What does the Government guidance say?

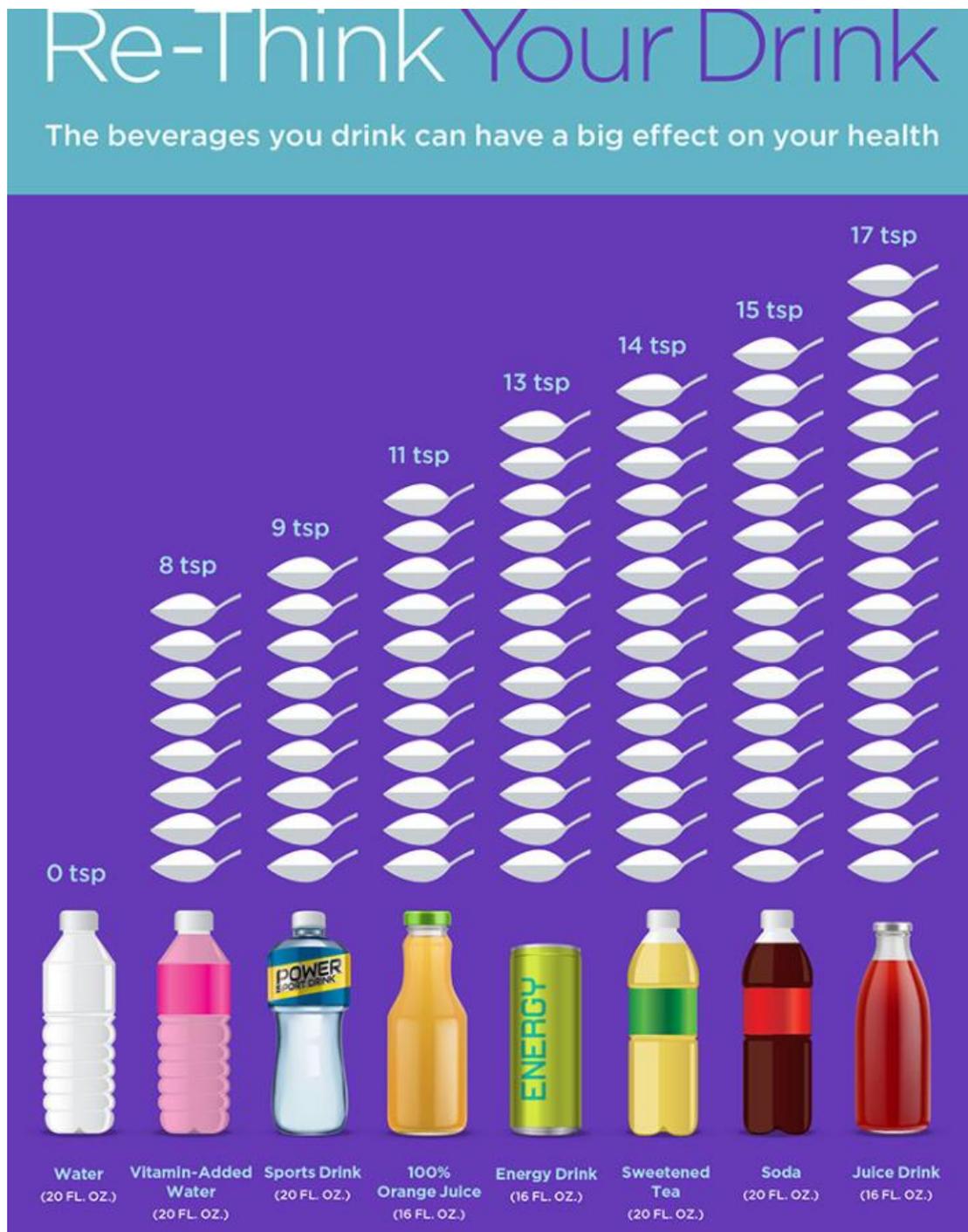
The Government asks us to do the following: make "water the default drink of choice".

What does the British Dental Association say?

<https://bda.org/news-centre/blog/tips-for-parents-on-caring-for-oral-health>

Learn about sugar. Look at the sugar content of foods and drinks your children regularly have. Limit sugary foods and if they must eat them, restrict consumption to mealtimes only (ideally one mealtime a day). Offer alternative low sugar snacks like cheese and crackers. Try and avoid, or at least minimise, juice consumption if possible and stick to milk and water. Ideally milk should only be consumed from a bottle until age one, and even then it is important that the baby does not fall asleep whilst drinking from the bottle. **Never put juice or other sugary drinks in a bottle.**

<https://www.childrens.com/health-wellness/effects-of-sugary-drinks-on-your-childs-health-infographic>



Sugary drinks, include very concentrated fruit juice are not recommended. Fizzy drinks are known to damage teeth.

We know that some children are not accustomed to the taste of pure water, as many children will more routinely drink flavoured drinks outside of school. We recognise that parents are motivated by a desire to provide their children with healthy choices, and consider fresh fruit and fruit juice a positive food / drink choice. We want to support parents in continuing to think about their child's health.

The most important thing for us in school is to ensure children are hydrated, and are encouraged to make the healthiest choice. We want to work with parents, and respect your knowledge of your own child.

South Hiendley information about drinks in school:

- 1) Classroom water bottles should contain water.
- 2) Drinks at lunchtime should as a preference be water (see below)

What should parents do if children don't like the taste of water?

- 1) Parents could add some healthy flavouring, reducing over time if possible:
 - a. A few slices of fresh fruit
 - b. Some fresh fruit juice in the water can make a huge difference (this can add flavour without adding too much sugar – see the picture)

Pure fruit juice contains a lot of sugar, and leaving this on children's teeth all day is not something school can recommend.

Fizzy and high sugar drinks are not appropriate.

We can't provide refrigeration therefore children should not have milk based drinks.