

East Riding of Yorkshire Council
North Ferriby C of E School

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NORTH FERRIBY
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**“A Christian school with
children at its heart”**



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Headteacher: Mr Russ Orr

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Dear Parents/Carers

Reminder
Use of Water Bottles in School

It has recently come to our attention that some parents and carers are not fully aware of our practice regarding the use of water bottles in school.

For the purposes of remaining hydrated in school, children are encouraged to always bring their own personal water bottle to school filled with plain, non-carbonated, unflavoured water which can be either tap water or bottled mineral water. All children are welcome to refill their water bottles from the drinking water taps which are in or near each classroom.

Please make sure water bottles are not put in school book bags as they have a tendency to leak.

We do not allow flavoured water, juice, carbonated fluids or anything else other than plain water because it is well recognised by health professionals that the most healthy and effective method of rehydrating is through drinking water. Children may sip their drinks throughout the day or take larger mouthfuls when required (each class teacher establishes their own class procedure in this regard, taking into account the children's age and level of responsibility.)

By avoiding drinking flavoured water, juices and carbonated drinks in school we hope to help children to reduce their risk of potential obesity, hyperactivity and dental issues.

We hope this clarifies the issue and acts as a useful reminder of the school's practice with regard to the contents of children's water bottles.

Thank you for your support.

Yours sincerely

Mr R Orr
Headteacher