



St Joseph's
Catholic Primary School

Queen's Road, Keighley, BD21
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Telephone: 01535 605 880

Headteacher: Mr J M Devlin

Dear Parents / Carers

I am writing to clarify the situation with water bottles; recently many children have begun taking their bottles down to the dining room. In the lunch hall, we provide water for **all** children, the larger canisters, some metal, are being taken into the lunch hall, and then being left, we are not sure whom they belong to. One dropped on a child's foot and as you can imagine it hurt! One bottle had glitter all over it, which was then dropping off onto the table and in the food, so bottles are to remain in the classrooms.

As mentioned on the app, water bottles are for sale for 40p and we would encourage children to buy these and replace them termly.

In addition, some of these bottles have been full of juice, we ask for **only water** to be in the bottles and we have plenty of water fountains around school so that children can refill their bottles. Teachers do encourage children to drink plenty of water and have drink times during the day.

I have had a couple of doctor's letters for children who need more fluids daily and take medication with diluted juice. These children are allowed juice in school due to school having received a doctor's letter.

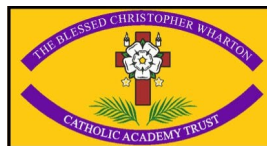
I hope this has clarified the matter, I appreciate some children prefer juice and what they drink at home is your choice but in school we are encouraging water and following health guidelines as stated below.

The recommended **daily** amount of water is:
5 glasses (1 litre) for 5 to 8 year olds. 7 glasses (1.5 litres) for 9 to 12 year olds.

Thank-you for your co-operation

Mr Arnold
Head of School.

**Believing in God,
ourselves and others**



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