

St Cuthbert's Catholic School Water Policy

Having enough to drink is a key factor to improving the performance and behaviour of children at school. Water is one of the best fluids to have. It has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine.

Whilst we understand that juice/flavoured water often tastes nicer, we know that the constant drinking of juice/flavoured water throughout the day is one of the biggest causes of plaque and tooth decay. Juice/flavoured water is allowed at lunchtimes with a meal.

Juice/flavoured should not be used to fill our water bottles.

At St Cuthbert's Catholic School;

- We bring in our own water bottles, although they are also available to buy from the school office.
- They are stored in our classrooms and can be taken out at all playtimes and in PE lessons.
- We are encouraged to take our bottles home at the end of each day to make sure they are washed and cleaned properly.
- We are able to get drinks during the school day if we ask our teacher and it is at a reasonable time, our staff will encourage having a drink after PE, any physical exercise or after break
- Children can refill their bottles during the day from the classroom taps or ask staff to help

