



St Bernadette's Catholic Primary School

'Doing our best for God'

Friday, 6th January 2023

Dear Parents/ Carers,

Welcome back to the New Year. please can I remind parents that our School Policy has always been **WATER ONLY** in children's drinking bottles and **no juice or energy type drinks.** The bottles should have a sport type, leak proof top not a screw top, to avoid spillage and be clearly labelled with your child's name.

Besides the health benefits, on a practical level, juice is sticky and when spilt, as children often do, it ruins books etc. Your child takes their water bottle into lunch with them but there is an option of bringing a juice type drink if they have a packed lunch. If there is a reason why your child cannot drink water, then please discuss this with your child's teacher.

We continually encourage our children to drink water throughout the day and they can also choose a carton of milk. Their bottles are kept visible in the classroom so they have regular access to them and they can be refilled.

It has come to my attention that some children are coming into school with their water bottle filled with energy drinks. A parent has shared some information with me on a certain type of energy drink that you may find concerning. **I cannot validate this information** but there is an abundance of medical information published regarding why energy drinks are proving harmful to children.

Search

(L-ISOLEUCINE, L-LEUCINE, L-VALINE)	250 MG	**%
CALCIUM	0 MG	N/A*
PROTEIN	0 GM	N/A*

How Do You Read A Supplement Facts Label?

Other: Copy Select All Share...

Filtered Water, Citric Acid, Coconut Water from Concentrate, Dipotassium Phosphate, Trimagnesium Citrate, Natural Flavor, Sucralose, L-Leucine, L-Leucine, L-Valine, D-Alpha Tocopheryl Acetate (Vitamin E), Gum Acacia, Acesulfame Potassium, Retinyl Palmitate (Vitamin A), Zinc Aspartate, Pyridoxine Hydrochloride (Vitamin B-6), Cyanocobalamin (Vitamin B-12). CONTAINS: Tree Nuts (Coconut).

What does dipotassium phosphate do to the body?

It's a man-made chemical substance. It has ZERO health benefits and overconsumption can actually lead to serious kidney issues. If you see Dipotassium Phosphate on the ingredient list it should be a big warning sign that the food in that package is heavily processed and may be harmful to your health. 4 Nov 2020

HEADACHES - CONSTIPATION - CONFUSIONS - HYPERPHOSPHATEMIA - NAUSEA - DIZZINESS - VOMITING - DIARRHOEA

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THE LINKS BETWEEN WATER, DEHYDRATION, HEALTH AND LEARNING

How does drinking water link to health?

- Drinking adequate amounts of water regularly throughout the day can protect health and contribute to well-being.
- Drinking adequate amounts of water can help prevent a range of short and long-term health problems from headaches, bladder, kidney and bowel problems. Water has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine.
- To help keep teeth healthy, as well as brushing teeth regularly and visiting the dentist, we should cut down on added sugars. These are the sugars found in fizzy drinks, juice drinks, sweets, cakes and jam. It's best to stick to having these kinds of foods and drinks at mealtimes. **It's also important to avoid sipping sugary drinks or sucking sweets too often. This is because the longer the sugar touches your teeth, the more damage it can do.**

How does drinking water improve learning?

- The key to boosting the capacity to learn is to keep well hydrated throughout the day.
- When we are thirsty, mental performance deteriorates by 10%.
- Pupils concentrate better because they are not distracted by the effects of dehydration such as thirst, tiredness and irritability.
- It can aid behaviour management by helping to settle pupils in the classroom.

Children will achieve more when both their health and learning needs are met. Ensuring access to water and promoting a regular water intake throughout the school day, is a vital role for schools in promoting health and providing a healthy learning environment.

Thank you for your continued support.

Alexis Satterthwaite

Head Teacher