

Wednesday, 24<sup>th</sup> March, 2021



Dear Parents and Carers,

I am writing to explain a little more about why our school policy states that only water should be brought into school for consumption when in the classroom; I have been made aware of a number of parents who have been deliberately flouting this rule and I can only assume it is because they are unaware of the many reasons why this rule is in place.

As you know, we do allow children access to a drink which is freely available throughout the day. We have a number of children in school who are allergic to certain flavourings, preservatives and E numbers and if children bring anything other than water to school, it is simply not safe for this to be left on the side to access freely as, despite our best efforts to ensure that children do not accidentally (or on purpose) drink from the wrong water bottle (particularly in the times of COVID) or share their drink with others, it can happen. Therefore, if a child has to bring juice instead of water into school, it cannot be left on the side for them to freely access and must be treated as a medical need which our staff have to 'administer' (which would require a doctor's note). This is for the safety of ALL children.

You may well wonder why juice is allowed at lunchtime but not in the classroom. This is because during lunchtimes the children are seated in a specific place and closely supervised whilst consuming their lunch whereas, it is simply not possible to closely supervise every child that takes a drink during lesson times.

Also, children who drink a lot of sugary drinks are more likely to become overweight. The added sugar in these drinks also means they can damage teeth. Another reason why we allow juice at lunchtime but no other time is because by making it a part of the meal, the carbohydrates and proteins ingested in the course of eating the meal will help minimise sugar or acid damage caused by juice consumption. I understand that some parents may argue that they only send sugar-free drinks with their child but our staff have no way of determining whether

that is the case or not and unfortunately, even sugar-free juices contain flavourings and preservatives.

There is also the fact that spillage of juices in the classrooms create sticky messes that are hard to clean up from carpets.

I can assure you that we absolutely do have the children's best interests at heart and understand that hydration is incredibly important. We believe that children should have free access to a drink throughout the day and the children **ARE** reminded to take a drink at snack time (mid-morning) and at lunchtimes.

In short, water is a healthy and cheap choice for quenching thirst at any time. It has no calories and contains no sugars that can damage teeth. Neither does it contain any additives, flavourings or preservatives. Finally, can I take this opportunity to remind you that if you do not agree with a policy that our school has in place, there are specific actions you can take to address this in order to try and initiate change.

The details of our complaints procedure are clearly outlined on our website. We are a reflective school community and will carefully consider any requests to change policies but the correct channels must be taken.

Many thanks

Miss Wiggins  
Headteacher



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