



DRINKING WATER IN SCHOOL

SOME CHILDREN DO NOT DRINK ENOUGH WATER DURING THE SCHOOL DAY. LOW FLUID INTAKE CAN AFFECT THEIR CONCENTRATION AND ABILITY TO LEARN.

CHILDREN AND YOUNG PEOPLE WILL QUITE OFTEN NOT FEEL THIRSTY UNTIL THEY ARE DEHYDRATED. THEREFORE IT IS IMPORTANT THAT THEY GET INTO THE HABIT OF DRINKING WATER BEFORE THEY ACTUALLY FEEL THIRSTY.

DEHYDRATION can cause various symptoms:

- Reduced ability to concentrate
- Loss of appetite
- Low energy levels and tiredness
- Increased irritability
- Headaches

Increasing water intake may help children and young people to concentrate more effectively, increase their energy levels and generally make them feel healthier.

WATER BOTTLES

We would like each child to carry their own water bottle with them in school and fill them up as needed throughout the day.

Bottles should be made of plastic and have a sports cap which should avoid water being spilled.

It is the responsibility of parents/guardians to clean the bottles daily:

Recommended instructions for cleaning bottles:

- We recommend washing bottles on a daily basis in hot soapy water, rinsing well and leaving them to air dry or washing in the dishwasher on the top shelf.
- Regular sterilisation in a weak Milton-style solution may also help keep them clean.

These instructions will help to eradicate possible bacteria that come from hands and mouths.

(Guidance from Howard Plastics)

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Nurse/Matron
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