



Happiness at the heart of learning

Whitehall Junior School Cowley Road Uxbridge Middlesex UB8 2LX

Monday 22<sup>nd</sup> May 2023

Dear Parents/ Carers,

Re: Drinks allowed in school

The importance of drinking plenty of water on a daily basis as part of a healthy lifestyle is now widely accepted. In an educational context, in particular, much has been written about the importance of drinking water for optimal brain functioning. Research has shown that access to water dramatically increases brain activity in young people by promoting and stimulating thinking processes and motor activity. Furthermore, it is likely that if children have ready access to water and are encouraged to drink it from an early age, they will maintain this practice in adulthood: through time, this may bring significant health benefits to our London communities.

In recent weeks, we have had a few cases of children bringing bottles of 'Prime Hydration' to school. Although there are no health risks to children associated with drinking 'Prime Hydration', the drink does contain a high level of electrolytes. Electrolytes aren't recommended for children unless they are unwell or at risk of dehydration.

Another form of the drink, 'Prime Energy', contains around 200mg of caffeine for every 330ml and as a result is not recommended for children under the age of 18. As a result, the school has taken the decision to ban all forms of the Prime drink. Children should therefore not bring it to school as part of their lunchtime drinks.

Other drinks that are not allowed in school include all fizzy drinks, malt drinks and all other energy drinks.

For lunchtime, whilst we still primarily encourage the drinking of water, children are allowed fruit juice, milk, smoothies or flavoured water. We still encourage children to bring additional water in a bottle to drink in class during the day.

These are the rules we follow, without exception –

- Children only have water in class
- Children are permitted to have other drinks (listed above) at their lunchtimes
- Children are not allowed any energy drinks at their break and lunchtimes

Thank you for your ongoing support and co-operation.

Yours in education,

Mrs A. Moloi

Headteacher/ Designated Safeguarding Lead