

# King Edwin Primary School



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## A Polite Request Regarding Water Bottles and Healthy Hydration

Dear King Edwin Parents and Carers,

Following our recent safety update, I wanted to turn our attention to another essential element of your child's well-being and readiness to learn: hydration.

We have noticed a recent increase in the number of children bringing juice, squash, or other flavoured drinks in their water bottles on a daily basis. While we appreciate the effort to ensure children are drinking throughout the day, this is a friendly reminder and polite request regarding our school's longstanding guidance on hydration.

### Our Recommendation: Water Only

Our clear recommendation has always been that children should only bring water into school in their water bottles. We have excellent water fountains available throughout the day for refills, ensuring that access to fresh water is never an issue.

Water is, without doubt, the healthiest and most appropriate liquid for consumption during the school day. This is backed up by guidance from both the NHS and the Department for Education (DfE). The key reasons for this guidance are:

- **Optimal Hydration and Concentration:** Water is the most effective way to keep children properly hydrated, which is crucial for maximizing their concentration and energy levels during lessons.
- **Dental Health:** Regularly sipping sugary drinks, even diluted squash or juice, throughout the day significantly increases the risk of tooth decay.
- **Reduced Sugar Intake:** Limiting drinks to water helps reduce unnecessary sugar intake, supporting overall healthier diets.

### Our Approach to This Request

We understand that for some parents, adding a tiny amount of squash can encourage children to drink more, and we acknowledge that some children may still bring juice "disguised" in their bottles. However, our strong recommendation remains that for the best health benefits and to support learning, the main liquid should be water.

I want to be clear that we will not be policing the contents of water bottles in the classroom. We operate on a foundation of mutual trust and respect, and we are confident that, on the whole, our families will support this request which is made purely in the best interests of the children's health and well-being.

Please note that children who have specific medical conditions that require them to consume other liquids are an exception to this general request.

This letter serves as a respectful reminder to ensure that the main liquid in your child's bottle is indeed only water. Thank you for taking the time to read this and for supporting us in promoting healthy habits at KEPS

Kind regards,

Andy Callaghan-Wetton – Headteacher King Edwin Primary School

