

WATER IN SCHOOLS

GUIDANCE FOR PARENTS

Recent research has shown that many children are not drinking the recommended amount of fluids per day.

The Nutritional Requirements for Food and Drink in schools (Scotland) 2008 states that pupils must have access at all times to free, fresh drinking water. Water quenches thirst and does not damage teeth.

It is also advised that fruit juice is limited to meal times as frequent exposure can cause dental erosion which damages tooth enamel.

Therefore water bottles for use within class teaching time should only contain fresh drinking water

Guidance for the use and care of bottles

- Bottles should be emptied and washed daily in hot soapy water (above 60°C) rinsed and left to air dry. Refer to manufactures guidance for cleaning.
- Bottles can be pre-filled each morning prior to leaving for school, to avoid unnecessary queuing at the water coolers. (Filled bottles can be stored in the fridge overnight to chill)
- All bottles should be named with a permanent marker.
- **Only** water is allowed in the bottles.
- Bottles will need to be replaced if they become damaged in any way.