

Good afternoon to all parents and carers,

In response to some questions we have had regarding food and drink permitted in the school, I thought I would send out some clarity regarding drinking water in school and being a nut free school.



Drinks 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 North Lanarkshire communities.

These are the rules we follow, without exception -

- Children only have water in class.
- Children are permitted to have other drinks at their break and lunchtimes, although we do discourage sports drinks and fizzy drinks.

Please be mindful that, at the moment, children cannot refill water bottles due to the current restrictions.

Nut free policy

We have several pupils in school with severe nut allergies. As a result, like all schools, Chryston Primary is a nut free zone to keep our pupils safe.

Please do not send your child into school with any nut-based product for a snack or packed lunch. It is important that you check the labelling of food products before sending your child into school with them – it is not always apparent that products contain nuts or traces of nuts. We do also try to discourage any chocolate spread, as a rule, as our younger children often question why they are not permitted to eat their chocolate spread sandwich and others are.

I am sure you understand the reasons for this policy. I hope this makes things clearer and I can only apologise if you were not aware of this. I will post the nut free policy to the school website.

Thank you for your continued support.

Linda Mcintyre

Acting Depute Headteacher