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Date: 2 February 2017

Mrs Jill Nicholls

Head Teacher

Learning & Leisure Services

Knowetop Primary

Knowetop Avenue

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Dear Parent/Carer

I understand that there may be some confusion over the drinking of water in school so hope that this brief note will clarify matters.

It is North Lanarkshire Council policy that pupils are allowed to drink plain water during the school day. We have water fountains in school, which pupils can use to refill their water bottles should this be necessary. Class Teachers structure this refilling in different ways, to suit the needs of their stage/class. It should be emphasised that during work times only plain water is allowed. At playtimes and lunchtimes pupils may drink flavoured waters, though as a Health Promoting School we encourage parents/carers to check the ingredients of these to avoid too many additives, sugars, etc. where possible. We do not allow pupils at Knowetop to drink fizzy drinks or drinks containing stimulants.

A few older pupils have brought sophisticated water bottles, which have an internal cylinder in which fresh fruit or vegetables can be put, adding some natural flavour to the water. North Lanarkshire Council has no difficulty in allowing this but I would stress that it is only acceptable if natural fruit/vegetables are used with no other additions.

Please ensure that your child has his/her own water bottle which he/she brings to school each day, filled with plain water, and which he/she can take home each afternoon to clean. With over 500 pupils we would struggle to provide cups on a daily basis.

Should your child have a medical requirement to vary from plain drinking water please provide us with a formal medical note and we will be happy to accommodate medical needs.

Should you have any queries or wish to discuss matters in more detail please do not hesitate to contact me.

Yours sincerely

Jill Nicholls
Head Teacher

