

School advice about children's drinks.

How much water does an average child need?

A child's body is 60% water. The amount a child needs to drink can vary due to weather and physical activity, but children aged four to 13 should aim to drink approximately six to eight glasses of fluid a day, with younger children needing smaller servings – about 150ml in each glass for a four-year-old and 250ml in each drink for an older child.

It is really important that children do not become dehydrated (not enough liquid) as this will affect their health and their learning



PLEASE PROVIDE YOUR CHILD WITH A DRINKING BOTTLE WITH THEIR NAME ON FOR THEIR CLASSROOM (Miss Pizuti bought one for each child in school last Autumn)

Each class has access to cool, fresh water and most children will choose this if they have no alternative available.

YOUR QUESTIONS

My child does not like to drink water. What could they have instead?

If they are not drinking enough plain water, choose a sugar-free squash and make sure you dilute it (so it is weak). Better than that are flavoured waters which have a less 'sweet' taste. Remember though, that sugar free drinks contain artificial sweeteners which can harm gut health, while many commercial flavoured waters also contain these same sweeteners or even hidden sugars.

Why does school not want my child to have natural fruit juice? Fruit is good isn't it?

Natural fruit juice can damage teeth because its natural acids and concentrated sugars soften and erode tooth enamel, leading to decay and cavities. The sugar feeds bacteria in the mouth, producing more acid that wears away teeth. Instead encourage your child to eat the whole fruit, which contains fibre, and can reduce dental harm.



Why does school ban fizzy drinks?

When you drink fizzy drinks, the sugars contained interact with bacteria in your mouth to form acid. This acid attacks your teeth. Both regular and sugar-free fizzy drinks also contain their own acids, and these attack the teeth too. With each swig, you are starting a damaging reaction that lasts for about 20 minutes. If you sip all day, your teeth are under constant attack.

My child likes sports and energy drinks. Some of these are not fizzy, so is that ok?

There have been scientific studies that show energy drinks (which contain caffeine – a drug which can be addictive) are linked to harmful effects in children, including poor sleep patterns, anxiety, poor concentration and reduced educational progress.



No child under 16 should be drinking these.

What do children get to drink at dinner time?

There is both water and milk available at lunch time. Pupils with their own packed lunch are encouraged to also drink water or follow the advice above.

Any fizzy drinks or sports drinks will be removed and returned to the parents at home time. An alternative drink of water or milk will be provided.