



MANOR PRIMARY SCHOOL

Summer Term Newsletter

Snacks and Drinks (*continued*)

When it comes to drinks, we have always encouraged children to drink water throughout the day. There is evidence to say that keeping hydrated has many health benefits including helping brain function. We have however had several issues previously with bottles from home leaking in book bags or over work at tables. They are often filled with strongly concentrated squash and even occasionally fizzy drinks. The management of these bottles has been difficult for teachers in the younger classes.

This term Miss Percival then Mrs Armstrong have decided to try a new system in Robins and Swans. Each child has been given a named water bottle that is filled with water in school. We fill the Robins' bottles from a newly installed 'brain juice' tap in the staff room! The bottles are regularly cleaned and the lids are sterilised every night in Milton fluid. The bottles are non-leak so can be kept on tables for sipping during work times reducing the need for children to leave their seats and becoming distracted. Some understandably concerned parents have told us their child wouldn't drink water but we have monitored these children and found that they have been quite happy to do what the rest of the class are doing and have been having refills through the day. For the moment we are leaving the two older classes to be more independent with their own water bottles.

As a general rule the systems of snack and water seem to be working well. There have of course been some concerns around the changes from some parents but these seem to have mostly been ironed out. We will review the system at the end of the half term and would welcome any feedback from parents, both positive and things we can improve.