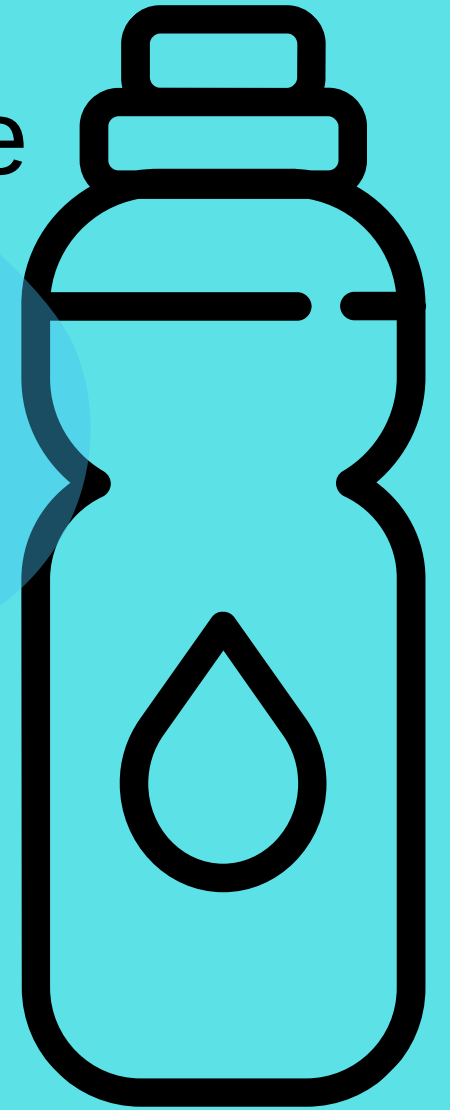


# Why is drinking water throughout the day so important for your child?

## Drinking water has many benefits:

- Keeps your child hydrated
- Helps to keep your child alert and able to concentrate
- Aids digestion
- Lubricates joints and muscles
- Carries nutrients and oxygen to the brain
- Does not affect your child's appetite
- Reduces risk of tooth decay



## The downside to drinking water alternatives like flavoured water, juice and squash:

- Regular sipping can cause tooth decay
- Many of these drinks contain sugar
- These drinks are usually acidic and can cause your child's softer enamel to be worn away
- Can fill up your child and reduce appetite
- Even drinks advertised as "sugar-free or no added sugar" contain sugar, sometimes disguised as fructose, dextrose etc

***KEEP THESE DRINKS AT HOME AND WITH A MEAL ONLY***

Please be mindful of what you put into your child's drinking bottle throughout the School day. Our healthy eating policy states that Water only should be in drinking bottles.