



Sipping Policy

Our aim as a school is to promote regular access to water in the classrooms as scientific research supported that children perform better in class if they keep hydrated by taking frequent sips of water. The scheme has therefore been introduced across the school and all schools locally and nationally. This is reinforced in our Home School Agreement.

Our aim:

- To keep children hydrated
- To enable children to do their best in school

This is based on children being given virtually constant access to drinking water and assuming responsibility for drinking it in sensible amounts and at sensible times. Children are allowed to keep a clear bottle of drinking water at their desks and are permitted to take drinks from it as necessary only during independent work, i.e. not whilst a teacher or teaching assistant is talking to the class or group.

Only pure water without flavouring or additives is permitted in these clear bottles on tables as tooth erosion and decay can result from constant sipping of acidic or sugary drinks. Fruit infusion bottles are also not permitted as the manufacturers recommend that the fruit should only be kept in them for 4 hours. In some circumstances, due to proven medical grounds, the school may allow an agreed alternative.

To support this, we ask that children use a clear bottle as stated in our Home School Agreement, as it is impractical for staff to check the contents of each bottle every day, without causing upset. Therefore, it is the parents' responsibility to ensure the guidelines are followed. However, if a member of staff becomes aware that the bottle contains anything other than pure water, the child will be asked to keep their bottle in their bags to have with their lunch and in breaks.

We have some families who would really like for their child to drink water. As a school, we can fully support and provide incentives if needed. Please do contact the school if you would like some support with this. Please also contact the school if your child has a medical need.