Letter to Parents

Dear parent,

**We’re becoming a ‘water and milk only’ school**

**Why is this happening?**

The Ministry of Education and Ministry of Health are jointly encouraging all schools to become ‘water-only’. This means plain water (and plain milk) will be the only beverages available for children to drink while at school.

This is because sugary drinks (like fizzy drinks, sports drinks and juices) cause tooth decay, obesity and diabetes. They also make it harder for children to learn while at school.

Children should be having no more than five teaspoons of added sugar per day. Sugary drinks contain high levels of sugar. For example:

* 600ml bottle of fizzy drink has 16 teaspoons of sugar
* 350ml fruit juice has 10 teaspoons of sugar
* 750ml sports drink has 15 teaspoons of sugar

**How can you support us going ‘water-only’?**

We encourage you to support your own health and that of your children, while also saving money, by:

* Filling their drink bottle with plain tap water only
* Using a clear drink bottle for school, so that teachers can see children are drinking water only
* Keeping any sugary drinks you may have for ‘treats’ at home
* Being a positive role model and drinking water yourself

We really appreciate your support as together we make this important change at our school.

Kind regards,