

31 March 2023

Dear Parents/Carer

Following the Easter holidays, the School will be moving towards its aim of becoming a 'Water-Only School'. We believe that this is an important step towards improving young people's health and academic performance. This initiative, supported by the London Mayor, aims to:


- Ensure the free availability of water in schools
- Help young people and families maintain a healthy weight
- Encourage pupils to remain hydrated and discourage drinking sugar sweetened drinks

It is envisaged this will have a positive impact on key indicators such as obesity, dental health and educational attainment. The Eatwell Guide recommends that young people should aim to drink approximately 6-8 glasses of fluid per day [on top of the water provided by food in their diet]. Water is a healthy and cheap choice for quenching thirst at any time. It has no calories and contains no sugars that can damage teeth.

In addition to our existing facilities, the school will be fitting two additional cooled water dispensers in the Canteen and one outside our Sports Hall. All our water fountains are solely for refilling bottles. BPA-free water bottles are available from most supermarkets.

We are therefore encouraging all students to bring in an appropriate reusable water bottle and to refrain from bringing any other drinks to school. Shortly after the Easter break, the School Canteen will no longer be selling any drinks to students during break or lunch. Please encourage your child to bring in their water bottles to support this initiative.

Yours faithfully



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