

Change to Water

At St Joseph's Catholic Primary School, water is promoted as the best drink choice. During the school day, water is the only drink allowed, outside of meal times. Milk and water are good choices for breakfast clubs, morning break and lunch. These rules apply to pupils, teaching staff and support staff (staff are allowed to drink tea and coffee).

Water and milk are the best choices to strengthen children's teeth and to stay hydrated. Maintaining hydration throughout schools means children can concentrate during class to learn and have energy to be active.



What about fruit juice?

We do not allow fruit juice at school but juice can be a provided at home.

Current UK dietary recommendations outline that no more than 5% of total dietary energy should come from free sugars, which are found in 100% fruit juice, fruit juice containing less than 100% fruit and other sweetened drinks. Many children are currently consuming on average, three times the recommended amount of free sugars, which can contribute to tooth decay and weight gain.



The recommendation is that 100% fruit juice or home-made fruit smoothies should be limited to no more than 150ml per day to prevent tooth decay. They can provide a good source of vitamins, minerals and calcium but need to be limited due to their high sugar content.

Are 'no added sugar' drinks allowed?

We do not allow sweetened drinks with 'no added sugar' at school.

These sweetened drinks will still taste very sweet, as they contain sweeteners, so children are likely to develop a taste for these drinks. These drinks do not provide the body with essential nutrients for growth and development.