

Our ref: LJe/JLa

14 April 2025

Dear Parent/Carers

From tomorrow, we are taking the decision to enforce our policy that states only water is allowed in classroom water bottles. This means that juice, cold tea and flavoured water will not be allowed in classrooms.

Please read the headlines below from Public Health England which explains the reasoning for this:

- Children need to form good oral health habits from an early age to help avoid tooth decay. Tooth decay happens when sugars from food and drinks interact with bacteria in tooth plaque. This results in acid production, causing holes in teeth known as cavities.
- Tooth decay is largely preventable, but it's still a serious problem among young children.
- You should limit the amount of free sugars children eat or drink in your setting, as well as how often they consume them. This can help to avoid tooth decay.
- Free sugars include all sugar added to food and drinks by the manufacturer, cook or consumer. They are found in foods like:
 - cakes, biscuits and chocolates
 - processed foods - like some jarred sauces, jams and breakfast cereals
 - some flavoured yoghurts
- They are also found in natural products like:
 - honey and syrups
 - fruit juices and purees
 - smoothies
- Free sugars are not found in:
 - whole fruit and vegetables
 - plain, unflavoured milk and yoghurt
 - water
- Water and milk are the only safe drinks to give children regarding their oral health. Fruit juices and smoothies should not form part of a young child's daily diet.
- As well as limiting the number of free sugars children eat or drink, you should also make sure that they only have food or drinks that contain sugar at mealtimes. This is because, the more often their teeth come into contact with sugar, the more likely they will be to get tooth decay. Children should avoid food and drinks containing free sugars before bedtime and overnight.

In some schools it has already been necessary to start a supervised teeth brushing in school programme. We hope that this will not be necessary here at Ravenfield Primary Academy. To support our children's dental health please only put water in your child/children's water bottle for classroom drinking. Low sugar juice and smoothies will still be allowed at lunchtimes.

As always, I thank you for your support, let's combat oral health together.

Yours faithfully



Miss Jepson
Principal