



SS Osmund & Andrew's R.C.P. School

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Re: Water

Dear Parents & Carers,

Please note that only plain water (not flavoured water) is allowed in lessons, with the exception of where we have a copy of letter from a GP regarding drinking habits.

Advice from the 'Water Benefits Health' website states: Drinking water and brain function are integrally linked. Lack of water to the brain can cause numerous symptoms including problems with focus, memory, brain fatigue and brain fog, as well as headaches, sleep issues, anger, depression, and many more. The brain is one of the most important organs in the body to keep fuelled. It is approximately 85 percent water and brain function depends on having abundant access to water.

According to Dr. Corinne Allen, founder of the Advanced Learning and Development Institute, brain cells need two times more energy than other cells in the body. Water provides this energy more effectively than any other substance.

When your brain is functioning on a full reserve of water, you will be able to think faster, be more focused, and experience greater clarity and creativity.

Bottom line, if you want your brain to function well, receiving and sending signals to the rest of your body, make sure it receives the water it needs.

In addition, the type of water you drink is extremely important. We recommend filtered drinking water over tap, bottled, distilled, or reverse osmosis water. (<https://www.waterbenefitshealth.com>)

The Imperial College London says: Artificially-sweetened beverages (ASBs) are alternatives to full-sugared drinks. They contain no sugar and are sweetened with artificial sweeteners instead. ASBs are often known as 'diet' versions of soft drinks, and may be perceived by consumers as the healthier option for those who want to lose weight or reduce their sugar intake. However, there is no solid evidence to support the claims that they are any better for health or prevent obesity and obesity related diseases such as type 2 diabetes.

[Professor Christopher Millett](#), senior investigator from Imperial's [School of Public Health](#), said "A common perception, which may be influenced by industry marketing, is that because 'diet' drinks have no sugar, they must be healthier and aid weight loss when used as a substitute for full sugar versions. However we found no solid evidence to support this."

Sugar-sweetened beverages (SSBs) such as soft drinks, fruit-flavoured drinks, and sports drinks, make up a third of UK teenagers' sugar intake, and nearly half of all sugar intake in the US. SSBs provide many calories but very few essential nutrients, and their consumption is a major cause of increasing rates of obesity and type 2 diabetes.

ASBs currently comprise a quarter of the global sweetened beverages market, but they are not taxed or regulated to the same extent as SSBs - perhaps due to their perceived harmlessness, say the researchers.

Despite having no or very little energy content, there is a concern that ASBs might trigger compensatory food intake by stimulating sweet taste receptors. This, together with the consumers' awareness of the low-calorie content of ASBs, may result in overconsumption of other foods, thus contributing to obesity, type 2 diabetes and other obesity-related health problems.

(<https://www.imperial.ac.uk/news/176711/sugar-free-diet-drinks-better-healthy-weight/>)

The National Library of Medicine website states: Flavoured water and soft drinks are limited in school to packed lunches (and not lessons) because of the potential health problems associated with high intake of sweetened drinks which are 1) overweight or obesity attributable to additional calories in the diet; 2) displacement of milk consumption, resulting in calcium deficiency with an attendant risk of osteoporosis and fractures; and 3) dental caries and potential enamel erosion.

(<https://pubmed.ncbi.nlm.nih.gov/14702469/>)

Thank you for your support in this matter. I hope the information above explains why we can only allow water in lessons.

Yours sincerely,

J Graves
Headteacher