



Meldrum School Policy on Healthy Drinking for Pupils



Meldrum School policy on healthy drinking by pupils reflects Scottish Government guidance as detailed in 'Healthy Eating in Schools: A Guide to Implementing the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008'.

1. At Meldrum School we encourage the drinking of plain, still water by both pupils and staff during the course of the school day.
2. Children should bring a filled water bottle, preferably with a 'sports top', to school on a daily basis. Bottles should be clearly labelled or named using a permanent marker.
3. Maintaining appropriate levels of hydration benefits all children. All teachers will therefore encourage children to drink water at regular intervals during the school day. Bottles can be refilled if required from the water fountains.
4. The school provides three water fountains for drinking water/refilling bottles. These are located
 - by the Infant door
 - by the Middle Stages boy's cloakroom
 - in the Upper Stages corridor.
5. Children are not allowed to drink sparkling water, flavoured water and other drinks in class. These should be reserved for morning break or packed lunches. Parents should note that, with the exception of sparkling water, fizzy drinks are not permitted in school.
6. Drinks other than water are available to all pupils as follows:

School Tuck Shop

The school tuck shop operates at morning break from 10.45 – 11.00 am and the following drinks are available for pupils to purchase:

- Milk (200 ml)
- Flavoured milk (200 ml) – strawberry and chocolate
- Spring water (330ml)
- Pure fruit juice (85 ml) – apple and orange
- Aqua juice, a water/fruit juice combination (200 ml) – apple, orange, forest fruit

School Dining Hall

Chilled water is available to all children using the dining hall over lunchtime. Jugs and cups are located at two stations in the dining hall and stocks replenished over the course of the lunch hour by kitchen and dining hall duty staff.

The following drinks are also available for pupils taking a school or packed lunch to purchase in the dining hall:

- Milk (200 ml)
- Flavoured milk (200 ml) – strawberry and chocolate
- Spring water (330ml)
- Pure fruit juice (85 ml) – apple and orange
- Aqua juice, a water/fruit juice combination (200 ml) – apple, orange, forest fruits

In all cases listed above, drink portions, sugar and fat content comply fully with Scottish Government guidance.