



Healthy Schools Initiative



We are delighted to be able to provide all the children, courtesy of the PTA, with their own water bottle which we ask you to send daily to school. This will help ensure that all children have regular access to fresh drinking water in their classroom as well as from the water fountains around the school.

Tips for Parents

- ❖ It is essential that water bottles are washed daily.
- ❖ Bottles should be thoroughly washed in hot soapy water (with sports caps scrubbed with a brush) then rinsed in clean water and air dried upside down.
- ❖ Both caps and bottles can be washed in a dishwasher. Bottles and caps should be periodically soaked in a sterilising solution (eg Milton).
- ❖ To safeguard hygiene and prevent drips it is advisable to put bottles in a clear plastic bag for taking to school.
- ❖ Please note that although the print will fade with repeated hot washing, the plastic will not deteriorate.
- ❖ For health and safety reasons, we strongly advise that caps are replaced regularly - at least monthly, and more often if visible damage is apparent.
- ❖ Bottles can be chilled overnight in a fridge.
- ❖ In summer, bottles can be partially filled with water, frozen *horizontally* overnight, and then topped up with cold water in the morning. To loosen the cap in the morning, run the neck under cold water then fill the bottle, dry with a towel and place the bottle in a clear polythene bag to minimise condensation.



We have a stock of spare bottles and caps which will be on sale from Mrs Alleyne at a cost of £1.50 for a new bottle.

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