



Barr Beacon School
www.barrbeaconschool.co.uk

Our Ref: KH/HC/Drinktothink

16th June 2023

Dear Parents and Carers,

Drink To Think

This week in school we have relaunched our 'Drink to Think' campaign to highlight the importance and benefits of drinking water.

The importance of drinking plenty of water daily, as part of a healthy lifestyle, is now widely accepted. In an educational context, much has been written about the importance of drinking water for optimal brain functioning. Research has shown that access to water dramatically increases brain activity in young people by promoting and stimulating thinking processes and motor activity. Furthermore, it is likely that if children have ready access to water and are encouraged to drink it from an early age, they will maintain this practice in adulthood.

At Barr Beacon School we adhere to the following rules:

- Pupils are only to have water in lessons.
- Pupils are permitted to have other drinks at their break and lunchtimes, although we do not allow energy drinks in school.
- Pupils must refill their water bottles at break or lunch times only. Pupils will not be allowed out of lessons to refill their water bottles.

Yours sincerely,

Mrs K Hibbs
Headteacher



Barr Beacon School
Old Hall Lane
Aldridge
Walsall
WS9 0RF
West Midlands



Matrix
Academy Trust
EDUCATION WITHOUT EXCEPTION

0121 366 6600



Barr Beacon School



@barrbeacon.school



postbox@barrbeaconschool.co.uk





Barr Beacon School says...

Drink to Think

We are a 'Drink to Think' school and we encourage you to **drink water in lessons.**



Fill up your bottles in the hall & the bistro.



We do not provide plastic cups.



You cannot leave lessons to fill up your bottles. You need to plan the times when you want to fill up.



Energy drinks & glass bottles are not allowed on school site.



Did you know?

Roughly two-thirds of the human body is made of water, which is essential to transport nutrients to cells, regulate body temperature, digest food, lubricate our joints, and to flush out waste and toxins.

Studies show that drinking water throughout the day can significantly improve concentration and attention spans in pupils.

Water transports oxygen to your brain, which allows it to communicate with the rest of the body.

Act Responsibly
Consideration | for Others & the Environment



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