

Thursday 4<sup>th</sup> September 2025



Dear Parents/Carers

At William Byrd Primary School, we are committed to creating the healthiest possible environment so that every child can learn, grow, and thrive. To support this aim, we are proud to announce that we are becoming both a Water-Only and Sugar Smart School, joining many other schools across London.

Research shows that adopting a water-only policy improves pupils' health, behaviour, and learning. Diets high in sugar are linked to serious health issues such as tooth decay, obesity and diabetes. By making these changes together, we can help children stay healthy, focused and ready to learn throughout the school day.

We are also committed to reducing single-use plastics. Each child will receive a named water bottle, which will be kept in school, refilled daily and washed. Please do not send your child in with their own water bottle. Water is the healthiest choice during the day as it hydrates without adding unnecessary calories or harming teeth.

As part of the **Sugar Smart initiative**, our school has introduced several changes to reduce sugar consumption and promote healthier choices:

- **School lunches:** Sugary desserts have been replaced with yoghurts and fresh fruit.
- **Packed lunches:** Please include only low-sugar, low-salt options (crisps, chocolate and biscuits are not suitable). Fruit and other healthy alternatives are encouraged.
- **Snacks:**
  - *Key Stage 1:* A healthy snack will be provided by the school.
  - *Key Stage 2:* Children may bring their own healthy snack (e.g. fruit, yoghurt, fruit rolls, breadsticks, vegetable sticks or raisins).
- **Birthdays:** Instead of cakes and sweets, children may bring:
  - Fruit to share with their class, or
  - Wear their own clothes to school on their special day.
- **End-of-term celebrations (class parties):** These will now be "Game Afternoons" instead of sugary food parties.

You can support our efforts by doing the same at home, offering healthy foods and water at home.

We also welcome your involvement—whether through attending workshops, contributing to newsletters or sharing healthy, low-sugar recipes with our school community. Together we can make healthy choices the easy choices.

Thank you for supporting us in this important initiative.

Yours faithfully  
Ms N Edwards  
**Head of School**

