



Tuesday, 25th November 2025

Dear Parents and Guardians,

Re: Introduction of Healthy Drinks Policy at Capital School Bahrain

At Capital School Bahrain, the health and wellbeing of our pupils are at the heart of everything we do. To further support this commitment, we are introducing a **Healthy Drinks Policy**, which will take effect from Sunday 30th November.

The aim of this policy is to encourage healthy choices and ensure that all pupils can learn in an environment that supports their physical and mental wellbeing. Research shows that energy drinks and other sugary or carbonated drinks can negatively affect children's health, concentration, and behaviour.

Pupils will only be **allowed** to bring the following drinks to school:

- Water – please bring a refillable bottle
- Milk or unsweetened milk alternatives
- 100% fruit juice (for packed lunches only)

The following drinks are not allowed:

- Fruit drinks with less than 30% real juice
- Energy drinks of all kinds
- Carbonated soft drinks
- Iced tea

We kindly ask for your support in helping us implement this policy successfully. You can do this by:

- Encouraging your child to bring a refillable water bottle to school. This can only be refilled at break times, and pupils will no longer be allowed to leave lessons to get water. The teacher will allow them to drink water from their water bottles in class if they politely request.
- Talking to your child about the importance of making healthy drink choices.
- Ensuring your child only brings permitted drinks to school.

By working together, we can promote healthy habits that will benefit our pupils both now and in the future.

Thank you for your continued support in making Capital School Bahrain a safe, healthy, and positive learning environment for all.

Warm regards,

Chris Lord

Food and Nutrition Teacher

HEALTHY HYDRATION

Drink plenty

Water

Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or harming teeth

Have regularly

Milk

Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should be limited.

Can have once a day

Fruit and vegetable juices and smoothies

Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A DAY. They can be diluted with water to reduce the acidity and sugars content.

Sugar-free drinks

Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.

Occasionally

Tea and coffee

Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milks and no added sugars.

Occasionally (and in small amounts if caffeinated)

Sugary drinks

Are best avoided as they provide sugars, but few other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.

Avoid

Sports and energy drinks

can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

Not suitable for children

This guide is intended to help parents, teachers and carers choose a balance of drinks for children

The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.