



Stoke Damerel Primary Academy  
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Dear Parents and Carers,

At Stoke Damerel Primary Academy we understand that there is a strong link between a healthy diet, hydration and effective learning.

We promote healthy eating by providing fresh fruit or vegetables snacks for children in the Foundation Unit and Key Stage 1. We encourage Key Stage 2 to bring in a healthy snack and for everyone to drink water throughout the day.

We would rather children brought water to school as it is proven to increase brain power and boosts energy. Children have access to water fountains throughout the school, should they forget to bring some from home.

Sugary drinks, such as diluted juice or flavoured water are discouraged as spillages are inevitable and this will only attract ants.

Thank you for your cooperation and understanding

Yours Sincerely

Annie Blackie

Headteacher