



# Preston Lodge

## High School

Dear Parent/Carer

### Fizz Free February

This February we are launching a Health and Wellbeing initiative called '*Fizz Free February*'. This event aims to help young people make healthy choices by saying no to all fizzy, sugary and caffeinated drinks.

Scientific studies have shown that these drinks not only contain a lot of unhealthy sugar, but also:

- rot teeth
- cause brittle bones
- cause weight gain
- **make it much, much harder for young people to concentrate in class**

Because of this we are saying no to fizzy drinks during the month of February at Preston Lodge High School. School staff are also giving up fizz to support our students, and improve their own health – you may even want to give it a try at home!

The rules surrounding this initiative have been carefully thought through and we certainly won't create conflict between students and staff. We simply want to help our young people to **become healthier, become fitter** and, most importantly, **make time spent in class more effective**.

So, our rules are as follows;

- If students are carrying a fizzy drink we will ask them to hand the drink over.
- Students can take their fizz outside of the school building.

We understand that this may present challenges for some students, so our staff will supportively approach any pupil with a fizzy drink and if they choose to hand over their fizz, the pupil will be able to come and collect their drink from that teacher's room at the end of the day.

During February, pupils will be encouraged to drink **water, milk** or **water flavoured with freshly cut fruit**. Water flavoured with artificial fruit flavours and sweeteners does not count! Studies have shown that drinking water and staying hydrated improves your capacity to learn. Those studies also show that it takes two weeks to train your taste buds and change habits.

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Fizz Free February begins, of course, on **Thursday 1<sup>st</sup> February** and we look forward to your support. Do get in touch with us if you would welcome further information about this initiative.

Yours faithfully



Gavin Clark  
Headteacher



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