



At Welton School we are very interested in your child's brain!

We have looked at research about the brain and using this research to ensure that all our pupils' brains are used to their full potential.

We know that brains take in information through the eyes, ears and sense of touch so we are making our lessons more visual, auditory and kinaesthetic. We know that brains need a break and have introduced quick "brain break" sessions into lessons. We are explaining to your children how they can develop effective learning skills by using their brains and become responsible, resourceful, resilient, and reflective by use their reasoning skills when learning.

Now we have tapped into another excellent resource for the brain!

WATER

To perform at its most efficient the brain needs oxygen and water. Many children do not take in enough fluid during a day. Research has shown that small regular sips of water are the best way to provide for the brain.

After a lot of discussion we introduced a drinking water system at Welton School. The drinking bottles stay on the children's desks or in a central place for easy access. We let children fill up their bottles if necessary.

A water bottle can be purchased from school for £1.40

The Welton School water bottle was selected for the following reasons;

- To encourage all children to have the same style drinking bottle
- The bottle is made from clear plastic and we will be able to see that only water is provided in the bottle
- The bottles are easy for children to refill themselves

How can you help?

- ❖ Send a full bottle of water every day
- ❖ Ensure that your child brings their bottle home every night
- ❖ Ensure that the bottle is labelled
- ❖ Maintain this system for as long as your child is at Welton School

How can we help?

- ❖ By encouraging your child to take regular sips (children will be asked not to drink when the teacher is actually talking)
- ❖ By reminding your child to take their bottle home
- ❖ By ensuring that this remains a long-term project

This is not a compulsory system that we are introducing and children who do not have a water bottle will still be able to have drinks from the water fountains and at lunchtimes.

We believe extra water is so important and we hope to have your support.