



**Respect
Integrity
Compassion**

Lornshill Academy

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Dear Parent / Guardian,

Important Notice Regarding Pupil Hydration and Learning

This letter is to inform you of an important adjustment to our school's approach regarding pupil access to drinking water during lesson time, effective from **Monday, 8th December**.

Context and Rationale

At Lornshill Academy, we are firmly committed to providing an optimal learning environment that supports both the academic success and the holistic well-being of every pupil. We fully recognise the vital role of adequate hydration in maintaining cognitive function, concentration, and overall health.

- **Cognitive Function:** Extensive research supports the link between hydration and academic performance. Studies have shown that even mild dehydration can impair attention, memory, and executive function, making consistent water intake essential for effective learning. Our policy is designed to ensure pupils are well-hydrated without compromising learning time.
- **Minimising Disruption:** Over the course of the current and preceding term, we have observed a notable increase in the number of pupils requesting to leave the classroom to use the toilet. While we always accommodate genuine needs, this rising frequency has led to significant and frequent interruptions that disrupt the flow of teaching and negatively impact the learning of the entire class.

The New Hydration Policy

To balance the critical need for hydration with the preservation of valuable lesson time, we will be implementing the following schedule for water consumption:

1. **Designated Hydration Times:** Pupils will be actively encouraged to hydrate during the planned **break times, lunch time, and specifically at the start of each lesson**. This designated window allows pupils to take on

necessary fluids at the start of a lesson without requiring disruptive movement later on.

2. **During Lesson Time:** Following the initial start of the lesson, all pupils will be asked to secure their water bottles in their school bags. This is a crucial step in maintaining focus and minimising the distractions associated with accessing and managing bottles during instruction.
3. **Access to Water:** We reaffirm that all pupils have continuous, free access to fresh drinking water throughout the school day via water fountains/filling stations for refills during non-lesson times.

Promoting Responsible Hydration

This policy is underpinned by a common-sense and balanced approach. We will be discussing the key principles of healthy hydration with pupils during upcoming assemblies:

- **Consistency is Key:** Hydration is a continuous process. We emphasise that pupils should be drinking water consistently *before* school (e.g., at breakfast), *during* the designated times, and *after* school to meet their daily requirements. It is not necessary, nor beneficial, to consume the entire daily recommended intake during a single lesson.
- **The Optimum Balance:** We will be guiding pupils on responsible intake, stressing that excessive consumption can lead to unnecessary toilet breaks. The goal is consistent, adequate hydration—not over-consumption—to support focus.

We ask for your full support in reinforcing the importance of this balanced approach to hydration and learning at home.

Thank you for your understanding and cooperation in helping us maintain an engaging and uninterrupted learning environment for all our pupils.

Kind regards



T Black
Headteacher