



Bellenden Primary School

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Fizz Free February

Dear Parents/Carers,

This year, we will once more be taking part in Fizz free February where we will be asking the children to give up fizzy drinks for the whole of February. This is a great way for your child to reduce their sugar intake and improve their health.

3 reasons to go fizz free

- You can save over £580 a year if you stop drinking one bottle of 500 ml branded soft drink per day for a year
- Fizzy drinks can negatively impact your concentration, making you even more restless
- More 5-9 year children are hospitalised due to tooth decay than for any other reason

Your child will be given a chart with all the days of February on. They colour in every day that they do not have a fizzy drink – can they colour in the whole chart?

Thank you for your continued support

Yours sincerely

Mrs Ireland and School council



Executive Head Teacher: Mr Gregory Doey
Head Teacher: Mrs Julie Ireland
Deputy Head: Mrs Georgia Powell-Davis
Assistant Head: Miss Emma Crandon
Assistant Head: Mr Thomas Gibbs

