



St Lucia's CE Primary School

Drinking Water Policy

At St Lucia's CE Primary School we believe in ensuring easy access to water and promoting a regular water intake throughout the school day as vital in promoting health and providing a healthy learning environment.

Children will achieve most when both their health and learning needs are met. Drinking water throughout the day is an important way of protecting health and wellbeing. There is increasing evidence that it can help children to improve their concentration and enhance educational achievements at school.

It is also linked to improving social behaviour and improving relationships between pupils and teachers.

Drinking adequate quantities of water throughout the school day is an essential part of the foundation for good health and effective learning. Creating a culture of drinking water at school and taking every opportunity to enhance the healthy drinking environment are core components of a healthy school. Drinking water is a key requirement in a healthy diet.

Aim of the policy:

At St Lucia's CE Primary School we aim to ensure that staff and pupils are more aware of the importance of a regular fluid intake in maintaining good health, and more able to maintain easy access to water for pupils and staff throughout the school day, by providing 'Water Bottles in classes'.

We aim

- to promote a regular intake of water for pupils and staff,
- to increase awareness of the health benefits of drinking adequate levels of water regularly throughout the school day,
- to establish relevant school policies that encourage pupils and staff to drink fresh water regularly, throughout the school day,
- to improve the oral and general health of pupils,
- to establish supportive environments for improved oral and general health.

We will work towards the following targets:

- The school should create an environment that provides drinking water as a pleasurable experience.
- Water must be actively promoted to pupils i.e. teachers acting as good role models by drinking water openly.
- Water must be accessible to pupils at all times during the day. Where this is genuinely impossible, a Provide a minimum of three fluid breaks (water and/or milk) per day must be provided (with a minimum of one fluid break during the afternoon).
- All children should have an equal opportunity to drink water.
- Provision for extra water and extra water breaks must be provided when pupils exercise and/or in warm weather.
- Pupils must be allowed good access to the toilets during the day.

The short and long term benefits to children of drinking water throughout the school day include:

- Children are not distracted by feelings of thirst, tiredness and irritability.
- Children are more receptive to learning.
- Improved cognitive function and mental performance.
- Improves social behaviour.
- Physical performance and sports performance are improved.
- Improved bladder and bowel control (helps to reduce bed and daytime wetting and soiling)
- Helps to prevent constipation.
- Promotes good oral health.
- Promotes fresher breath and healthier skin.
- Reduces risk of urinary tract infections.

- Helps to keep the kidneys healthy and reduces the risk of kidney stones.
- Can help reduce the long-term risk of certain cancers.
- Water (as opposed to soft drinks) can help prevent childhood and adolescent obesity.
- Good facilities and access to water can improve pupil-teacher relations (as pupils feel teachers care for their well-being and give pupils the same opportunity to drinks as teachers).

Guidelines for "Water Bottles in Classes"

Successful existing schemes have used the following guidelines:

- The children should only drink water during class.
- They should not be allowed to drink sweet drinks in class. This is very important as sweet and/or acidic drinks are harmful to the teeth, the more frequently they are drunk, the greater the harm to the teeth.
 - Bottles should be of clear plastic to avoid other drinks being brought in.
 - Non-spill sports style caps avoid mess if a bottle is accidentally knocked over.
 - Water bottles are also available to purchase via the school office.
- Bottles can be taken home after school for washing (use warm soapy water), and refilled with mains tap water.
- To prevent bottles from getting mixed up and to allay concerns about hygiene, a permanent marker can be used to label bottles with the child's name.
- To avoid unnecessary damage (trauma) to the teeth and mouth, the sports bottle cap should only be opened by hand. It must **NOT** be pulled open by using the teeth.
- Only suitable containers designed for carrying and drinking water should be utilised. Water should **NOT** be sent to school in a glass bottle or container.
- Clear ground rules are advised to avoid abuse.