

# Seaham Trinity Primary School

## School Water Policy

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## **Rationale**

Having enough to drink is a key factor to improving the performance and behaviour of children at school. Water is one of the best fluids to have. It has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine. Whilst we appreciate that juices and flavoured drinks (including flavoured water) are enjoyable, we know that the constant consumption of juices and other drinks during the day is one of the biggest causes of tooth decay and plaque.

In schools, 'good hydration helps to reduce tiredness, irritability and increases concentration. It contributes to a more settled and productive learning environment'.  
(Ann Keen – Under Secretary of State, Dept of Health)

Provision of free, fresh drinking water is expected under Government School Food Standards (DfES 2006). Provision of water within schools is a necessity to protect the health and assist the hydration of children and staff. It is important that water is free and fresh and presented in an easy to use and hygienic way, preferably chilled.

## **Key Points:**

- Regular water intake can protect against the effects of poor hydration which includes poor concentration, tiredness, urinary problems and headaches.
- Free, fresh water should be available at all times of the day and its provision will contribute to maintaining Healthy School Status.
- Water will be delivered to pupils using reusable sports bottles and / or cups
- Drinking water is dispensed in school via mains fed water coolers

## **Benefits of Drinking Water**

Regular water consumption:

- Provides refreshment throughout the day
- Promotes good health and wellbeing
- Can have a positive effect on pupils' concentration throughout the day
- Raises the awareness of the importance of adequate water
- Demonstrates to parents and carers and to the local community that the school values pupils' health

## **How School Meets the Criteria for Good Water Provision:**

- We ensure a good quality mains water within school
- We provide water to children and staff free of charge
- We provide a sufficient number of water outlets
- We permit access to drinking water throughout the day
- We ensure that nobody is denied access to water by reasons of any disability
- We ensure that hygienic water sources are available and maintained
- We promote good habits of water consumption particularly while exercising or in warmer weather

## **A Whole School Approach**

It is important to educate the whole school about water requirements and benefits of consumption. There is a need to educate parents on the benefits of drinking water and on the use and care of reusable water bottles. Parental influence is significant in terms of the propensity of children to drink water. As role models, parents and teachers should encourage children to drink more water at school, within and outside the home and during exercise. Children should be encouraged to bring a water bottle to school and to take it home for cleaning between uses.

## **Reusable Bottles**

It is recommended that purpose-made sports style bottles are provided for use in school where possible. Bottles should be provided by home and be brought in ready filled with water each morning.

### **At Seaham Trinity Primary School:**

- We bring our own water bottles to school
- We store our bottles in our classroom and take them out to use during PE sessions
- We are encouraged to take our bottles home at the end of each day for cleaning
- We are able to take drinks during lessons at reasonable times
- We have access to our own Year Group water coolers
- We only have water in our bottles
- Juice is only allowed with packed lunches, at lunchtime

### ***Covid Recovery Plan (September 2021)***

Water bottles are brought in from home, ready filled with water  
Bottles are taken home at the end of each day for cleaning / sterilising  
Bottles may be refilled with water at school  
We don't share our water bottles with others