



## **Water Guidance**

This guidance aims to provide an environment that encourages water as the drink of choice within the school. It will provide parents/carers with information that will promote drinking water as a lifelong habit.

In accordance with our aim to achieve a status as a Healthy School, children are actively encouraged to drink water, which is available throughout the school day. To support this, all children are provided with a school logo water bottle. Having enough to drink is a key factor to improving the performance and behaviour of children at the academy. Water is one of the best fluids to have.

### **Aims:**

- To help improve the general nutrition of all our pupils.
- To increase pupil, staff and parent/carer awareness of the importance of consuming water.
- To encourage pupils to drink water throughout the day in the classroom and at lunchtimes.
- To actively encourage our children to drink healthy drinks. Water has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine.

### **At Bloxwich Academy Primary:**

- We provide every child with an academy water bottle.
- These bottles may only contain plain/uncoloured water.
- These bottles are stored in an area in our classrooms and taken out as required during playtimes and in PE lessons.
- We encourage our children to take their bottles home on Fridays to make sure they are washed and cleaned properly.
- Staff will ensure that children have access to drinking water, which is available from our own water coolers and can be refilled from throughout the school day.
- Pupils are able to get drinks during lessons if they ask their teacher and it is at a reasonable time (not when the teacher is asking a question and the children answer by asking to get a drink!).
- Pupils are not to drink from other pupil's water bottles under any circumstance.
- We provide an ongoing education for the importance of drinking water throughout the curriculum.

Children will achieve more when both their health and learning needs are met. Ensuring free access to water and promoting a regular water intake throughout the school day is a vital role for the academy in promoting health and providing a healthy learning environment.

*"When we are thirsty, mental performance deteriorates by 10%."*

*"The key to boosting the capacity to learn is to keep well hydrated throughout the day."*

### **We believe that water in school is cool!**

#### **Parent/carer's role**

- To support the academy on the water bottle guidance and see the benefit of drinking water.
- To provide only plain/uncoloured water in their water bottles.

*(Whilst we understand that juice often tastes nicer, we know that the constant drinking of juice throughout the day is one of the biggest causes of plaque and tooth decay. Juice is only allowed with packed lunches, at lunchtime. Juice should not be used to fill our water bottles.)*