

Newport CE Junior School  
Water Bottle and Break-Time Snack Policy

Reviewed January 2017

## Newport Junior School

### **Water Bottle Policy.**

#### **Rationale:**

This policy aims to provide an environment that encourages water as the drink of choice within the school community. It further aims to work in partnership with the wider community to promote drinking water as a lifelong habit.

Children are not allowed sweet drinks, which include all fruit juices, soft drinks and cordials either bought or home made.

#### **Purpose:**

- To help improve the general nutrition of all students.
- To Increase student, parent/guardian and teaching staff awareness of the importance of consuming water.
- To encourage students to drink water throughout the day both in the classroom and on breaks.
- To reduce the amount of sweet drinks consumed at school.
- To promote the importance of staff as positive role models for the consumption of water daily.

### **GUIDELINES FOR IMPLEMENTATION:**

#### **Program Delivery Involves:**

- Educating children and their parents/guardians about the benefits of drinking water.
- Ensuring that each student will have their own water bottle which will be accessible throughout the day in the classroom.
- Informing parents of the water policy on student enrolment, through school website.
- Promoting the principles of reduce, reuse and recycle through curriculum initiatives.

#### **Procedures for water bottles:**

- Families will provide a plastic bottle for their child that is clearly labelled with his /her name.
- Water bottles provided will be for water only.
- Water bottles are to be kept inside school during the day.
- Water bottles will go home with students each night for cleaning.
- Staff will check labels on water bottles on a regular basis to ensure they are legible.
- Students are to have access to water bottles during class times.
- Students are not to drink from other students' bottles under any circumstance.
- Bottles are to be kept on tables

- Bottles are to be filled at the start of each lesson if required.

### **Resources and Support**

- Provision will be made for continued in-servicing of all staff in relation to understanding the benefits of water for children and the procedures (see Appendix 1)

### **Evaluation**

In order to assess whether the policy has achieved the goals and purposes, the following will occur on an annual basis:

- Conduct a survey in relation to this policy or incorporate relevant questions within the general parent/guardian survey or parent education session in conjunction with the SNAG (School Nutrition Action Group)
- Conduct a focus group of students examining the effectiveness of the policy.
- Conduct a survey/ questionnaire/ focus group with staff.
- Monitor feedback in relation to the water bottles and education program.

### **Parent's Role:**

- To support the water policy and supporting programs.
- To assist children in understanding and taking responsibility for contributing to and maintaining a sustainable future.
- To assist children in participating in water saving and reduction practices

## **Break time Snack Policy**

### **Rationale:**

This policy aims to provide an environment that encourages children to eat fruit and vegetables daily. It further aims to work in partnership with the wider community to promote eating fruit and vegetables as a lifelong habit.

### **Purpose:**

- To help improve the general nutrition of all students.
- To Increase student, parent/guardian and teaching staff awareness of the importance of healthy eating.
- To encourage students to develop a balanced diet.
- To reduce the amount of sugary snacks consumed at school.
- To promote the importance of staff as positive role models for the consumption healthy food.

## **GUIDELINES FOR IMPLEMENTATION:**

### **Program Delivery Involves:**

- Educating children and their parents/guardians about the benefits of healthy eating.
- Informing parents of the break time snack policy on student enrolment, through school website.

### **Procedures for break time snacks:**

- Children are encouraged to bring in a healthy snack to be consumed at morning break time. The snack must be fruit or vegetables **only**.
- Cereal bars, cheese snacks, yoghurt snacks, chocolates or crisps will not be permitted at morning break, but are allowed as part of a balanced lunch box.
- Children are to keep snacks in lockers or trays to access at morning break.

### **Parent's Role:**

- To support the break time snack policy and supporting programs.
- To assist children in understanding the importance of healthy eating.
- Provide children with a healthy snack each day.

## Appendix 1

### Health benefits of drinking water in children:

#### How much water does the body need?

##### The Young

Infants and young children need to ingest more water than adults proportionately. That is because their bodies contain a higher percentage of water and their surface-to-volume ratio is larger than in adults, so more water is lost through the skin (perspiration and sweating). In addition, young children and infants have difficulty communicating their sensation of thirst and immature kidneys in infants excrete more diluted urine. An 8 year old boy needs 1.2 litres of water per day on average.

#### The links between water, dehydration, health and learning

#### How does drinking water link to health?

- Drinking adequate amounts of water regularly throughout the day can protect health and contribute to well-being.
- Drinking adequate amounts of water can help prevent a range of short and long-term health problems from headaches, bladder, kidney and bowel problems to cancer.
- Water has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine.

#### How does drinking water improve learning?

- The key to boosting the capacity to learn is to keep well hydrated throughout the day.
- When we are thirsty mental performance including memory, attention and concentration can decrease by about 10 per cent
- Pupils concentrate better because they are not distracted by the effects of dehydration such as thirst, tiredness and irritability
- Can aid behaviour management by helping to settle pupils in the classroom.

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 schools in promoting health and providing a healthy learning environment.