

**HYDRATION POLICY**

**March 2020**

**Hydration Policy**

# Rationale

The Healthy Eating in Schools Regulation (2013) made it a statutory requirement for pupils to have access to free, fresh drinking water and local authorities have a duty to ‘ensure that a supply of drinking water is available, free of charge, on the premises of any maintained school’. The Welsh Network of Healthy School Schemes (WNHSS) also advises that water should be available free of charge and in a suitable location (not in or near the toilets), and that consumption is actively promoted.

# Water and Health

* Drinking water throughout the day is an important way of protecting health and contributing to the well-being of pupils and staff.
* Drinking plenty of water can help to prevent a range of short and long-term health problems such as headaches, bladder and bowel problems and cancer.
* Water is a healthy drink and does not damage teeth, unlike still and fizzy soft-drinks high in sugar, additives, artificial sweeteners and caffeine.

# Water and Learning

* Mental performance improves with frequent intakes of small amounts of water but when we are thirsty our mental performance declines by 10%.
* Good hydration helps pupils to concentrate because they are not distracted by feelings of thirst, tiredness and irritability.

**Policy Aims**

* To ensure open access to free, fresh drinking water, at all times during the day to promote the health, wellbeing and learning opportunities of all pupils and staff.
* To create an environment that provides drinking water as a pleasurable experience.
* To provide an environment where drinking water is actively promoted.

# Objectives

* To work towards ensuring that this policy is both accepted and embraced by the whole school community - school management, staff, pupils, governors, parents, site manager, cleaning and catering staff.
* To raise awareness of the importance of drinking water regularly throughout the day with pupils, parents, staff and governors.
* To encourage staff to lead by example and drink water in front of pupils.
* To review the formal curriculum to ensure information relating to the importance of hydration is included, consistent and up-to-date e.g. Wee challenge
* Children are encouraged to bring a water bottle to school. These should be clearly marked with the child’s name using a permanent marker and re-marked regularly to avoid confusion. Younger classes will have cups that are washed regularly for pupils to access water.
* Parents and carers are responsible for cleaning bottles and will be reminded of this through the school website, prospectus etc. Bottles sent home to be cleaned should be washed in warm soapy water, the sports cap should be scrubbed with a brush, and the bottles left to air dry upside down in a hygienic place; or they can be washed in a dishwasher if the bottles are suitable.
* Extra water breaks will be provided when exercising and/or in hot weather.
* Bottles will only be used for water.

* Water coolers
  + Water coolers are easily accessible and positioned in an appropriate, hygienic and safe area, not in or near the toilets.
  + A minimum of one water cooler per 200 pupils.
  + One person is assigned to cleaning and maintaining the water coolers.

Adapted from:

Welsh Government (2010) *Think Water* Available at: <http://gov.wales/topics/health/improvement/index/water/?lang=en> Further links:

Welsh Assembly Government (2006) *Teach Germs a Lesson:* *Infection Control Guidance for Primary and Secondary Schools* Available at:

<http://www.broccolibob.co.uk/documents/TeachGermsALesson.pdf>

**Signed: Chair of Governors**

**Signed: Head Teacher**

**Date:**

**Date of Review: May 2021**