

Hydration Policy

Rationale:

To raise the awareness of the benefits of hydration to parents, teachers and children.

This rationale is based on the theory that the brain works best when it is hydrated and that even mild dehydration can result in a significant drop in performance.

It is recognised that encouraging students to drink an appropriate amount of water daily will promote other health benefits.

Teachers, parents and children need to be educated in the importance of being well hydrated and the problems that can arise from dehydration.

Children should be brought up from an early age to drink plenty of plain water and appropriate fluids and this should be actively supported by the school.

Such habits learned from an early age are likely to remain with children through their school year and beyond.

Aims:

- To promote and develop a lifetime healthy habit that encourages the regular intake of water.
- To ensure that children, parents and teachers are educated in the importance of being well hydrated and in the problems that can arise from dehydration.
- To educate children to value water, due to its relationship to their well-being and performance, so that they will understand why we need to conserve it.

Implementation:

- Children will be strongly encouraged to bring a water bottle along to school every day.
- Children will be strongly encouraged to bring their water from home and refill at school as required.
- Children will have free access to water in their classroom and will be actively encouraged to regularly sip throughout the day.
- Fizzy drinks and high-energy drinks will not be permitted.
- Children will be advised that water bottles are for individual use only and under no circumstances are to be shared or tampered with by others.
- Each child should take responsibility for their own water bottle at school
- Throughout the day children will be encouraged to re-fill their bottles at school.

- Bottles will go home each night to be washed by parents and re-filled for the next day.
- Parents will be required to ensure that bottle mouthpieces are regularly sterilised in order to avoid the build up of possible bacteria.
- The principal will ensure that the benefits associated with water hydration are regularly disseminated via school newsletter, information evenings, etc.
- Teachers will be provided with appropriate high quality professional development.
- Teachers and parents will be encouraged to model appropriate water hydration behaviour.

Resources:

- Children will be provided with a drink bottle from their school. They will be encouraged to personalise these bottles by writing their names on it and adding stickers etc. Children will be able to bring any appropriate bottles along to school for the purpose of this program.
- Schools have the option of installing various water filtration systems if desirable.

Evaluation:

- Will be based on feedback from, principals, teachers, parents and children.
- It is anticipated that parents and teachers will monitor the intake of water and regularly communicate if there have been any significant positive benefits and/or concerns.