

TASKER MILWARD VC SCHOOL

HYDRATION POLICY

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1. Rationale

Provision of free, fresh drinking water is expected under “Food and Health strategy for Pembrokeshire Schools & School site Leisure Centres 2005” and “Appetite for Life” Welsh Assembly Government 2007. Provision of water within schools is a necessity to protect the health and assist the hydration of children and staff. It is important that the water is free and fresh, and presented in an easy to use and hygienic way and preferably chilled.

2. Aims of the Policy

To ensure open access to fresh drinking water at all times during the day to promote the health, wellbeing and learning opportunities of all pupils and staff.

To provide an environment that provides drinking water as a pleasurable experience.

3. 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.

Staff to be encouraged to lead by example and drink water in front of pupils.

Review formal curriculum to ensure information relating to the importance of hydration is consistent and up-to-date.

Explore, as part of a whole school approach and develop a code of conduct on how water will be delivered to pupils (for example water on desk scheme)

Advice on cleaning water bottles to be distributed to parents.

Water coolers:

- If installing mains-fed water coolers to ensure that they are easily accessible, positioned in a hygienic and safe environment and away from toilets
- Aim to provide a minimum of one water cooler per 200 pupils
- Discuss water cooler maintenance and designate and train a member of staff to maintain cooler's cleanliness

Enable pupils and staff to use toilets that are clean, well stocked and safe, whenever they need to.