

# Upper Plenty Primary School

## Water Bottle Policy

### 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.

#### **Aims:**

To help improve the general nutrition of all students.

To increase student, parent/guardian and 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

#### **Implementation:**

- Program delivery involves:
  1. Educating children and their parents/guardians about the benefits of drinking water through curriculum units and information sessions/newsletter items.
  2. Encouraging children to have their own reusable water bottle which they have access to throughout the day.
  3. Having the water policy available to parents on the website or on request at the office.
  4. Promoting the principles of reduce, reuse and recycle through curriculum initiatives.
- Procedures for water bottles:
  1. Families will provide a clearly labelled reusable water bottle for each child.
  2. Water bottle will contain water only.
  3. Water bottles will be kept inside school during work times and can be put into class tubs outside of the classroom doors during recess and lunch periods. The tubs must have lids.
  4. Students will have access to their water bottles during class time.
  5. Student's are not to drink from other students' water bottle under any circumstance.
- Resources for support:
  1. Provision for ongoing education of staff on the benefits of water for children.
- Parents' Role:
  1. To support the water policy and supporting programs.
  2. To assist children in understanding and taking responsibility for contributing to and maintain a sustainable future.
  3. To assist children in participating in water saving and reduction practices.

#### **Evaluation:**

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

- Include student surveys as part of the health program.
- Monitor feedback in relation to the water bottle and education program.
- Encourage student leadership group to initiate feedback and data collection strategies to gauge the effectiveness of the policy.

Note:

- Sweet drinks include fruit drinks, soft drink and cordial.

This policy will be reviewed as part of the school's four-year review cycle.

This policy was last ratified by School Council in....

August 2010

References: