

Sacred Heart Catholic School

Ulverstone



DRINKING WATER POLICY

RATIONALE

Sacred Heart Catholic School is a member of the *Move Well Eat Well Program*, a statewide initiative working towards creating environments where children can enjoy healthy eating and physical activity every day. Sacred Heart Catholic School is therefore committed to promoting lifelong health and wellbeing among its students. One way of doing this is to promote the drinking of water. Drinking water instead of sweet drinks provides hydration for concentration and learning and promotes healthy teeth.

AIMS

Students are encouraged to drink water throughout the school day, especially during physical activity. Only water is permitted for drinking during class time. The importance of drinking water is taught in the general classroom and is supported by programs such as Health and Physical Education.

IMPLEMENTATION

At Sacred Heart Catholic School the entire school community is encouraged to drink water by:

- Allowing water consumption in the classroom
- Having taps available for students and staff to refill their water bottles as required
- Encouraging students to take their water bottles to Physical Education lessons, Choir, excursions and all activities where drinks may be required
- Having bottled water available for purchase from the Canteen on Canteen days
- Setting up displays (courtesy of *Move Well Eat Well*) which accentuate the benefits of drinking water
- Promoting an awareness of drinking water, suitable drinking bottles and cleaning of drinking bottles through school newsletters
- Promoting this policy to parents/carers regularly so that they are able to support the policy appropriately

RELEVANT POLICIES:

- *School Canteen Policy
- *Health & Physical Education Policy
- *Healthy Lunchboxes, Healthy Breaks Policy
- *Limit Occasional Foods Policy

EVALUATION

- This policy will be reviewed as we work towards becoming a *Move Well Eat Well Award School* and as part of the school's three-year review cycle.

** These policies are yet to be reviewed/established as we work towards becoming a Move Well Eat Well Award School.*

Approved by: Sacred Heart Catholic School Board

Implementation Date: 1st March 2010

Supersedes Policy Dated: N/A

Revision Date: 1st March 2013