

YSGOL GYMUNEDOL PENIEL

Drinking water policy

Peniel Community School recognises that drinking water is essential for health and wellbeing and recognises the links between mental and physical performance, pupil behaviour and drinking water regularly throughout the day.

This document outlines the provision of drinking water during school time and is freely available to the entire school community.

All children and staff will have access to drinking water during the school day. Children may bring in water bottles from home to accompany packed lunches or to use and drink in class and during playtimes. We encourage the drinking of water freely during the day. No squash, canned, fizzy or high in sugar content drinks are allowed at school. However, an approved and appropriate juice is served during the breakfast club period or if stated in the local authority school dinner menu.

Aims

- 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 and to decrease the consumption of fizzy and sweet drinks consumed within a child's day.

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.
- Review formal curriculum to ensure information relating to drinking water is consistent and up- to-date and provide additional information where necessary.
- Establish water facilities for pupils and staff. Water bottles for use during class time may contain water only.
- Ensure that the canteen supplies jugs of fresh drinking water on the dining room tables.

Water bottles:

- We encourage all Pupils should provide their own. They should preferably be made of plastic and transparent.

Canteen:

- Canteen supervisor will ensure that children are provided with full cups of water and top-up when needed. Jugs will be provided on tables. Jugs and cups are cleaned daily.

Monitoring and Evaluation

- The School council will conduct surveys and report to senior management.
- Water issues will be covered as part of the curriculum subject coverage
- Water bottles will be checked regularly for compliance with the policy

- Water provision in the canteen to be included in general water provision monitoring
- The school actively supports healthy drinking and eating throughout the school day.

Guidance for schools

Possible indicators of success include:

- more people drinking water
- increase in individual water consumption
- more positive attitudes to drinking water
- more awareness of the importance of drinking water • fewer reports of headaches and stomach aches
- fewer reports of tiredness in class
- calmer behaviour in class
- fewer cases of urinary tract infections
- decrease in wetting and soiling problems
- fewer colds and sore throats
- more enthusiasm in taking part in physical activities • reduction in absenteeism
- positive feedback from parents and teachers
- less vocal cord strain among teachers