## LOGO - 2LINE-RASTER-SHADED-WELLINGTON

WATER ONLY PROCEDURE

**OUR SCHOOL IS WATER-ONLY**

**Rationale**

**We care about the health of our students.**

Sugary drinks1 are one of the most significant causes of poor oral health and contribute greatly to childhood obesity and Type 2 diabetes.

**We care about their achievement**

Sugary drink consumption is associated with problem behaviours. Studies have found poor diet and nutrition are associated with lower academic achievement.

**Our commitment**

We will ensure parents and students receive clear, consistent messages about the importance of healthy choices and the impact of sugary drinks by:

* continuing to educate students about the importance of healthy drink choices and the benefits of consuming water
* actively promoting water as the best option in school publications
* ensuring staff commitment to model healthy drinking habits.

And we will create an enabling environment by:

* actively discouraging sugary drinks being brought to school by students
* providing water as the only drink option for students
* allowing students access to water during class time
* not associating our school with programmes that promote sugary drinks
* ensuring school lunch options don’t include sugary drinks
* ensuring sports teams will only use water as their source of hydration
* not selling sugary drinks as part of fundraising, school galas, or other celebrations.

*1 Any beverage that contains added caloric sweetener usually sugar. The main categories of sugary drinks include soft-drinks/fizzy-drinks, sachet mixes, fruit drinks, cordials, flavoured milks, flavoured waters, cold teas/coffees, and energy/sports drinks.*

**Review Responsibility:  *Principal, BoT***

**Date Confirmed: 31 October 2017**

**Principal: .................................................**