



SCHOOL WATER POLICY

AUTHOR	REVIEWED	NEXT REVIEW
R. HORTON	SEPTEMBER 2020	SEPTEMBER 2023

Oulton Primary School Water Policy

Having enough to drink is a key factor to improving the performance and behaviour of children at school. Water is one of the best fluids to have. It has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine.

Whilst we understand that juice often tastes nicer, we know that the constant drinking of juice throughout the day is one of the biggest causes of plaque and tooth decay. Juice is only allowed with packed lunches, at lunchtime. Juice should not be used to fill our water bottles.

At Oulton Primary School;

- We bring in our own water bottles, although they are also available to buy from the school office.
- They are stored in our classrooms and taken out at all playtimes and in PE lessons.
- We are encouraged to take our bottles home on Fridays to make sure they are washed and cleaned properly.
- We are able to get drinks during lessons if we ask our teacher and it is at a reasonable time (not when the teacher is asking a question and we answer by asking to get a drink!)
- We have our own water coolers where we can refill our bottles or get drinks during the day.

We believe that water in school is cool!

