

### Guidance for Water Consumption in School

Many children and young people do not drink enough water. Low fluid intake can lead to health problems and can affect their concentration and ability to learn.

It is recommended that **ONLY** water is consumed during curriculum time. By consuming water regularly it:

- Encourages good health and wellbeing
- Prevents dehydration
- Improves energy levels and reduces tiredness
- Increases ability to concentrate
- Reduces the development of headaches
- Reduces the consumption of sugary drinks

It is **NOT** recommended that children consume any other drinks during curriculum time, as other drinks often contain a lot of sugar. Consuming too much sugar:

- can lead to extra calories being ingested which can cause fat to build up inside the body, increasing the chance of developing heart disease and some cancers or type 2 diabetes
- lead to tooth decay
- affect concentration and behaviour
- lead to irritability
- can affect appetite

It is recommended that schools:

- Encourage children to drink more water
- Encourage children to bring a suitable bottle into school every day with a sports cap to avoid water being spilled
- Advise children of where water bottles can be filled from
- Emphasise that parents/children are responsible for making sure the bottles are cleaned and replaced as necessary.
- Develop and implement a Whole School Food Policy that all parents are aware of, which states that the consumption of only water is permitted during curriculum time

For more information regarding the importance of water consumption please visit

<http://www.nhs.uk/Livewell/Goodfood/Pages/water-drinks.aspx><http://www.nhs.uk/change4life/Pages/sugar-swap-ideas.aspx>