



Hydration Policy

Hydration

Hydration in school needs to be given much higher priority and Werneth School should improve awareness of the importance of good hydration - and the risk of dehydration - among parents, teachers, co - professionals and governors. Children should be encouraged to drink frequently - at least two litres of fluid a day - and have unrestricted access to a variety of healthy drinks and as a consequence toilet. It is our duty to ensure that the next generation understands the necessity of good hydration to improve their health, well being and performance generally.

The effects of dehydration, marginal or excessive cannot be ignored. Symptoms such as headaches, digestive problems, loss of concentration, cognitive impairment and lethargy have a negative impact in the classroom and hence on pupil and school performance. Research in schools which have actively encouraged hydration reports children being calmer, better behaviour generally, better concentration, fewer ailments disrupting learning, a reduction in lethargy and improved quality of work.

Guidelines

All students to be encouraged to consume 2 litres of fluids per day all students will be allowed to drink water during lessons Teachers may introduce short water 'breaks' planned into the lessons to raise awareness of the importance of healthy hydration.

Students are taught the importance of drinking enough fluids each day in order to function properly through form, science, food technology, PSE and any other appropriate occasion.

Students will be actively encouraged to drink after PE lessons Water will be provided at all times of the school day and available in the canteen and at suitable points in the school environment.

A range of healthy drinks will be made available in vending machines Re-usable drinks bottles will be allowed and awareness raised re hygiene problems if parents and students do not wash them out properly.

Policy	Date modified	Date of approval	Review date	Governor Committee	Responsibility
Hydration	March 2016	March 2016	March 2019	Resources	ZHO

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