

YSGOL GYNRADD GYMUNEDOL ARBERTH
NARBERTH COMMUNITY PRIMARY SCHOOL



Hydration Policy

Rationale:

Narberth Primary School aim to improve the awareness of the importance of good hydration – and the risk of dehydration – among children, parents, teachers and governors.

Children should be encouraged to drink water frequently. It is our duty to ensure that the children understand the importance of good hydration to improve their health, well-being and performance generally.

The effects of dehydration, such as headaches, digestive problems, loss of concentration, alertness and learning ability 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:

- Pupils will be allowed to drink water during lessons. Water is available in classrooms for all children. Children are encouraged to drink water at various times throughout the day. Children are never prevented from having water, but must use their water bottles in a responsible way.
- When the weather is hot teachers may introduce short water 'breaks' planned into the lessons to raise awareness of the importance of healthy hydration.
- Pupils will be taught the importance of drinking enough fluids each day in order to function properly through their learning.
- Pupils will be actively encouraged to drink during and after PE lessons.
- Water will be provided at all times of the school day and will be available at lunch time for all children.

- Water bottles are on sale at the school office.
- Bottles will **only** be used for water. Parents and carers are politely asked not to send bottles in with squash or soft drinks as sipping this type of drink throughout the day can cause harm to your child's teeth. The perception that a well diluted squash is less harmful is false, dental decay is generally caused by frequency not concentration. Please speak with your child's class teacher if you have any concerns about your child's willingness to drink water and what we can do to help.
- Parents and carers are responsible for cleaning bottles and will be reminded of this through the school website, prospectus etc. Bottles sent home to be cleaned should be washed in warm soapy water, the sports cap should be scrubbed with a brush, and the bottles left to air dry upside down in a hygienic place; or they can be washed in a dishwasher if the bottles are suitable.

Date:

Signed:

Review date: June 2023