



## WATER ONLY POLICY

### Purpose

Leadership and staff acknowledge the importance of drinking water only, which contributes to good health and overall wellbeing, and the capacity of students to achieve optimal learning outcomes.

This policy confirms our commitment to:

- Encouraging students to make healthy drink choices
- Promoting the importance of a healthy lifestyle, which includes drinking water

At Oberon Primary School, we will promote a 'Water Only' policy to students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

It is recognised that every member of Oberon Primary School has an impact on students' health and contributes to creating an environment that promotes drinking only water. All members of our school community including staff, students, families and volunteers will be supported to meet this policy.

### Guidelines

Water Only promotion at Oberon Primary School will:

- Ensure staff, families and students are provided with information about the importance of drinking water through newsletters, assemblies and in the classroom.

### Implementation

- All staff are responsible to ensure appropriate school environment supportive of our 'Water Only' goals
- Safe drinking water is available at all times and only water bottles filled with water are to be accessed during class.
- Sweet drinks are not permitted during school time, or on school grounds, with four days permitted as exceptions, as agreed to by school council and designated at the commencement of the school year.
- Families are encouraged to provide a drink that is water-only to drink at school, and that drinks other than water or unflavoured milk brought to school shall be held aside until the child leaves the school for the day.
- Parent Club organised special lunch days will not provide any sweet drinks at all, including juices and flavoured milks.
- Drinks provided at camps, school excursions and sports days are in line with the Schools 'Water Only' policy.
- 'Water Only' options are encouraged for staff at meetings, professional learning events and in the staff room.
- To support positive role modelling, staff and families are encouraged to bring drinks which are in line with the school's 'Water Only' policy and are not permitted to bring or consume sweet drinks on school grounds during school hours.
- The school will work with local health professionals, services, businesses or agencies, where possible, to support staff, students and families to promote 'Water Only'.

### Evaluation

This policy will be reviewed as part of the school's three-year review cycle.

This policy was ratified by the School Council on 04/08/2020

Next review date: August 2023