



Hydration Policy

Rationale:

Wilton and Barford 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
- 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 form, science, food technology, PSE and any other appropriate occasion
- Pupils will be actively encouraged to drink 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
- It is the child's responsibility to ensure that they take their water bottle home each evening to be washed and refilled.

November 2011

April 2013