

Water Only Policy

At St Josephs, we feel that we have a role to play, in promoting healthy lifestyle habits to our children. With this in mind, we are adopting a “Water Only Policy.” By adopting this “Water Only Policy,” we shall aim to decrease the amount of sugar, artificial sweeteners and other additives which children are consuming, whilst increasing their hydration. Research shows that consumption of drinks which contain sugar, sweeteners and fizzy drinks have all been linked to an increase in childhood obesity and tooth decay.

A water only school is one where the only drink available to students is water (and milk for those eligible). We shall ensure that children are not bringing sugary drinks onto the school premises, including for after school or with their lunch.

At St Josephs, we actively encourage our children to drink water.

- throughout the school day
- as part of a Hot School Meal
- as part of a Packed Lunch

Throughout the School Day

All children are actively encouraged to drink water, which is available throughout the school day. To support this, all children are encouraged to bring a water bottle to school. These bottles may only contain **plain/unflavoured/uncoloured water**. Drinking water is available to allow the children to refill their bottles during the day.

If a child has a medical condition that requires them to drink sugary drinks then this is treated as an exception to this policy and should be approved by the headteacher.

We also have a school milk scheme, free to under 5s or children entitled to Free School Meals, and at a small cost to other children.

This water-only policy is to be applied to all breakfast and afterschool clubs.

All staff in school are water-only role models and regularly drink water in front of their pupils to highlight the importance of hydration. Staff must not be seen to be drinking Sugary or fizzy drinks by children and should limit other drinks to the staff room only.

Lunchtime Provision

At lunchtimes, parents can choose a hot school meal, provided through our supplier, **or** to send their child to school with a packed lunch.

Hot School Meals

Where a parent chooses a hot school meal for their child, this includes a drink of water as part of that provision and service. No other drinks or food substitutes are permitted.

Packed Lunch

Parents do not need to provide their child with a drink as water is also freely available to children having a packed lunch. Alternatively, parents can send a drink of water as part of their child’s packed lunch.



St. Joseph's
Catholic Academy

Policy Agreed By Governing Body: July 2023

To be adopted: September 2023

Reviewed: July 2024