



DRINKING WATER STATEMENT

DRINKING WATER POLICY

This booklet gives you basic information about the policy on drinking water at Tupton Hall School. Please read it carefully and if you have any questions please contact your child's Head of Year.

Introduction

The benefits of water consumption are well researched and documented and can:

- provide a plentiful source of low cost refreshment throughout the day.
- promote good health and well-being amongst students, staff and other adults.
- reduce tiredness, irritability and distraction from thirst.
- have a positive effect on students' concentration throughout the day.

By ensuring that the consumption of water is an integral part of the school day at Tupton Hall the school can:

- demonstrate to parents and the local community that the school values the health and well-being of students.
- raise awareness of the importance of adequate fluid intake and healthy eating as part of a healthy and active lifestyle.

Access to water is a fundamental human right and Tupton Hall School is committed to playing its part in the provision of fresh drinking water for all members of the school community.

Water in School

- Students, staff and other adults are actively encouraged to drink the recommended amount of water each day. This is 1.5-2 litres (6-8 glasses) as recommended by the Food Standards Agency. This can vary depending upon size, age, physical activity undertaken and weather conditions.
- Students can bring water to school in a clear plastic bottle and can consume water freely during all breaks and lunchtime. Bottles with the school logo will be available for sale.
- Students may use their water bottle during lessons and staff are actively encouraged to promote the consumption of water during their lessons. There may be specific times in some lessons when this may be inappropriate and this is left to the discretion of the individual teacher, e.g. in all practical sessions in Science, when working with electrical appliances in Design and Technology.
- The school will work actively to provide water fountains so that students, staff and other adults may refill water bottles during the school day. Refilling in the school toilets is not encouraged.
- Free, fresh, cooled drinking water will be provided in the school dining areas at lunchtime for all students. Bottled water will be available for sale at all of the serveries at both break and lunch time.
- Water provision provides a context for a wide variety of cross-curricular links and all faculty areas are encouraged to contribute towards raising awareness amongst students about the benefits of water consumption.

Code of Conduct in relation to water

- Any incidence of unacceptable behaviour in relation to water will be investigated fully and appropriate action taken.
- Incidents that occur during a lesson will be dealt with by the subject teacher and action should be in line with school policy on misbehaviour during lessons.
- Incidents that occur during breaks or lunchtime will be dealt with by the staff on duty in line with school policy.