

Water Policy

1. Rationale / Background

Much of your body is made up of water, this includes your brain! Not enough water can lead to under-hydration or dehydration, which in its early stages can lead to lethargy, headaches, tiredness and a lack of concentration. Such symptoms affect a student's ability to focus and learn in the classroom and can lead to health and behaviour management issues.

It estimated as a rough guide that the average human body requires 6-8 glasses of water a day. This amount needs to increase if you are active or have been drinking alcohol or caffeinated drinks. It is not possible to sit down in one session and have 6-8 glasses, so it is recommended that a student carries with them a water bottle to sip on continuously throughout the day. Having around 2 water bottles of water a day should on average cover your water needs.

2. Requirements / Outcomes

Students are encouraged and allowed to carry a water bottle to every class with them containing water (ONLY).

Why not: flavoured water cordial, milk drinks, coffee, caffeinated drinks and soft-drinks, flavoured water?

The drinks listed above mostly contain large amounts of sugar that cannot be adequately processed by the body. Several things can happen as a result of taking in too much sugar:

1. Sugar is stored as fat and the student will put on weight.
2. Sugar can act as a stimulant and make it difficult for the student to concentrate.
3. Tooth decay.
4. Type two diabetes.

Some drinks above can contain caffeine. Caffeine is a stimulant and can cause:

1. Stimulation of the brain, so students feel a "high" and then a "low", causing concentration and mood fluctuations.
2. Caffeine causes dehydration and leads to the issues highlighted in the opening paragraph.
3. Caffeine is classed as a drug and is addictive. Caffeine withdrawals can cause headaches, tiredness, mood changes and feeling achy and sore in joints.

3. Responsibilities

1. Students are allowed to carry water bottles with them in the classroom so long as they contain water only.
2. Students misusing the water bottles in class can have them confiscated by the teacher until end of lesson or a time that the teacher feels appropriate
3. Teachers have the right to have water bottles kept at the front of class or with them. (applies in particular for subjects that may be using chemicals, machinery, computers etc)
4. Student must fill up their water bottles before class and cannot leave to do so during class time.
5. Students must clearly mark their water bottles.
6. Students cannot share water bottles.
7. Student water bottles which are not clearly marked and left behind in class can be thrown away due to health issues.

Review date: 28th April 2011