

# Hipsburn Primary School

## Hydration Policy

February 2023



Our School Vision:

"The most valuable gift we can give a learner is to enable them to think for themselves, to care for others and thereby acquire a sense of self-worth and confidence which can be used to benefit both society and the individual."

## Rationale:

Hipsburn 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 bring a water bottle into school and 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. Water is available in classrooms for all children. Children are encouraged to drink water at various times throughout the day. Children are never prevented from having water, but must use their water bottles in a sensible and responsible way.
- Water will be provided at lunchtime for those children who forget to bring a water bottle into school.
- 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 science, food technology, PSHCE 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.
- Staff will encourage children to take home bottles at the end of each do to ensure they are washed and refilled with fresh water ready for the next day at school.