



St Patrick's Catholic School

Health & Wellbeing Policy – Water Consumption



Date	2010
Version No	0
Responsible Person	Rodney Linhart
Approved By	Rodney Linhart
Review Date	2014
Related Documents	



Health and Wellbeing Policy – Water Consumption

VALUES

Health and wellbeing, Responsibility

REFLECTIVE MATERIAL

Move Well, Eat Well - Department of Education, Department of Health and Human Services

PURPOSE

Healthy eating and physical activity are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing. School communities can help students develop healthy habits to live, learn, grow and play.

St Patrick's Catholic School is committed to ensuring our students, staff and wider school community are educated on the benefits, simplicity and how to of making healthy lifestyle choices. These choices include eating a balanced diet rich in fresh fruit and vegetables, participating in physical activity each day and drinking water regularly.

Students and staff are encouraged to drink water regularly throughout the day, especially during physical activity. This will aid students and staff in keeping healthy and being energetic and active.

POLICY

Students and staff are actively encouraged to drink water regularly throughout the day. In order to facilitate this St Patrick's Catholic School will:

- Clearly label/mark safe drinking taps throughout the school that are accessible at all times
- Encourage the drinking of water during class and especially during physical activity
 - Water only is to be consumed during class, no sweet drinks
 - Encourage students to bring 'water only' bottles to school



- Provide water only at school events such as excursions, discos etc, no sweet drinks
- Educate and adequately advise members of the St Patrick's Catholic School community about the principles contained within our Water Consumption Policy and of the facts, research and information that underpins the principles of our Water Consumption Policy

CONSEQUENCES

As a consequence of this policy and its active implementation members of the St Patrick's Catholic School community will more regularly consume water on a daily basis and become healthy and active persons throughout their lives.

Ratified: August 19, 2010