



Stoke Prior First School

Hydration Policy

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Statement of intent

Adequate hydration is a key factor towards improving the performance and behaviour of children at school. Without it the effects can be serious, and symptoms, such as headaches, digestive problems, lack of concentration and dry skin, can develop.

This policy sets out the framework in which Stoke Prior First School will ensure that:

- A sufficient amount of water and other fluids are made available to its pupils, including the provision of free milk.
- Pupils drink the recommended minimum of 6-8 glasses of fluids throughout the school day with additional fluids for PE and other sporting activities.
- Pupils begin to have an appreciation of the benefits of hydration and understand the risks of dehydration as part of their ongoing education.

1. Legal framework

- 1.1. This policy has due regard to statutory legislation, including, but not limited to, the following:
 - School Food Regulations 2014
 - The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007 (as amended)
- 1.2. This policy will also have due regard to the following statutory and non-statutory guidance:
 - DfE 'School food in England' 2016

2. Hydration

- 2.1. Stoke Prior First School understands the importance of good hydration and that a child should drink 6-8 glasses of fluids a day.
- 2.2. The school will ensure that sufficient sources of fluids are made available to its pupils throughout the school day, but will only provide the following drinks as prescribed under regulations:
 - Water
 - Low fat milk
 - Low sugar cordial
 - Fruit juice
 - Milk alternatives
 - Hot chocolate
- 2.3. Additional drinks will be provided to replenish pupils' lost fluids, both during and following physical activity.

3. Water

- 3.1. Stoke Prior First School will meet its statutory duty to make fresh drinking water available to all registered pupils at all times and at no cost. We will do this through the provision of:
 - An appropriate number of easily accessible water fountains separated from the pupil washrooms.
 - Tap water available during lunchtime if required.
- 3.2. Pupils will also be encouraged to bring to school a clear plastic bottle, filled with only water, for use during class time. Water bottles are available to buy at the school office but parents/carers are free to provide their own providing it has a sports cap.
- 3.3. Pupils should drink their water discretely, so as not to cause disruption to the learning environment. Class teachers will ensure systems are in place to allow regular drinking to take place.
- 3.4. Pupils should not share their water with other pupils or be allowed out of class to refill their bottles, unless given permission. Bottles may be refilled at break time or lunch time from the water fountain/drinking water taps.

3.5. Staff are encouraged to act as role models and also drink water throughout the day.

3.6. Children are reminded to take their water bottles home at the end of each day. The responsibility for cleaning and returning them full of water each day is that of the parent/carer.

4. Milk

4.1. Stoke Prior First School will meet its obligation to provide a free 189ml serving of milk to children under the age of five years on free school meals.

4.2. The provision of free milk for children under the age of five years not on free school meals will be funded through the nursery milk scheme.

4.3. Any additional milk must be provided at the child's parents' expense, but skimmed milk will not be accepted for pupils under the age of five years.

5. Other drinks

5.1. Stoke Prior First School may, at its discretion, provide some of the other permitted drinks outlined in section 2.2. However:

- No more than one glass of fruit juice will be provided to pupils each day and this must not contain any added vitamins or minerals.
- Cordials must be sugar-free.

PERSON(S) RESPONSIBLE:	L Satchwell
DATE POLICY AGREED:	November 2022
TO BE REVIEWED BY:	November 2025
DISTRIBUTION:	Staff / Governors / Website