

OUR LADY IMMACULATE CATHOLIC ACADEMIES TRUST

ST JOHN RIGBY PRIMARY SCHOOL

God's will be done through work and play, as we follow Jesus day by day



Healthy Lifestyle Policy Drinking Water & Water Bottles

Status: Non-Statutory
Date of Review: Autumn 2023
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Date of Next Review: January 2025



RATIONALE

At St John Rigby, we believe that a healthy lifestyle is fundamental to academic success and overall well-being. Numerous studies have shown that physical health is closely linked to cognitive function and healthy pupils are more likely to concentrate better, stay alert, and perform well academically.

This policy has been developed to emphasise our commitment to fostering a healthy and supportive environment for our pupils and supports the Government's educational mission to improve the health of the entire community by teaching pupils, staff and families ways to establish and maintain life-long healthy habits that will benefit our children well into the future.

WHAT ARE OUR KEY PRINCIPLES AND AIMS?

John Rigby is a community based upon the strong Catholic values of Faith, Hope, Forgiveness, Love and Trust. The ethos of our school is that it promotes inclusion and the valuing of each individual, encouraging self-esteem, self-discipline, and mutual respect.

Our mission statement lies at the heart of all we do and underpins our overarching core aims:



- To ensure **God's will** is achieved by empowering our children to develop as happy, safe, confident and successful learners who are able to make informed choices that are in their own and others best interests.
- To enable children to **work** with a joy and love for learning, acquiring the knowledge, skills and behaviours needed to make a positive contribution to society.
- To enable children to **play** with an inquisitive and exploratory mind as they imagine, collaborate and create. They will take ownership of their learning journey and know that limitations are also opportunities for growth, showing courage to sometimes be wrong.
- To inspire children to grow, **day by day**, in their knowledge and understanding of the virtues to live by, reflecting our Gospel values of Faith, Hope, Forgiveness, Love, and Trust, whilst continuing to flourish and discover their unique God given potential.

At St John Rigby, we take our role of educating our pupils as a privileged responsibility and, alongside parents/carers, feel it important to not only address the academic potential of all our pupils but to also ensure our pupils develop the knowledge and habits to lead a healthy, active lifestyle.

Our Healthy Lifestyles Approach has the following underpinning principles:

- High performing schools support their pupils to build an understanding around nutrition and wellbeing and develop the knowledge and skills that will enable them to lead healthy lives.
- Healthy pupils are more likely to perform better academically. Regular physical activity and a balanced diet contribute to improved concentration, memory, and cognitive function, leading to better academic outcomes.
- Schools play a significant role in shaping lifelong habits. By instilling healthy habits early on, such as regular exercise, good nutrition, and self-care, schools contribute to the long-term health and well-being of pupils.
- Being a healthy school is integral to the holistic development of pupils and a healthy school culture creates a sense of belonging and community, contributing to a positive and thriving learning environment.

Research from Active Lives and FoodActive identifies that the number of primary school aged children living with overweight and obesity significantly increases from reception year to year six. Therefore, This policy aims to promote a whole school approach through an ethos and environment which encourages healthy lifestyle, both now and for the future.

HOW DO WE PUT OUR PRINCIPLES INTO PRACTICE?

Our virtues underpinning wellbeing, positive emotional health and resilience are reflected in our School Aims and Mission. To support this, we are committed to encouraging and developing positive attitudes towards a healthy lifestyle. Making healthy choices forms an important part of school life and the activities we engage in.

Our approach to Healthy Lifestyles is encouraged through the curriculum we teach, the relationships we foster, the environment we learn in and the opportunities we create.

1. HEALTHY HYDRATION: DRINKING WATER

At St John Rigby, we believe that 'Water in school is cool!'

National data published in 2023 (Gov.UK: Office for Health Improvement) reported that tooth decay is the most common reason for hospital admission in children aged six to 10, with just under 27,000 episodes of tooth extractions with a primary diagnosis of dental caries (tooth decay) for 0- to 19-year-olds

Promoting milk and water as the healthiest sources of hydration can support good oral health, as well as addressing other important issues such as nutritional benefits, healthy weight and reducing plastic pollution associated with bottled soft drinks. Furthermore, schools are an ideal setting to set a positive example of healthy behaviours and teach pupils about the importance of healthy hydration.

To support the school food standards guidance and commit to a whole school approach of healthy eating and drinking, this policy aims to provide an environment that encourages plain water as the drink of choice within our school, as well as promoting the drinking of water as a lifelong habit.

Our aims are

- To help improve the general nutrition of all our pupils
- To increase pupil, staff and parent/carer awareness of the importance of consuming water
- To encourage pupils to drink water throughout the day in the classroom and at lunchtimes
- To ensure that as a school we actively encourage our children to drink healthy drinks e.g either water or milk

Having enough to drink is a key factor to improving the performance and behaviour of pupils at school. We aim to be a 'Healthy School' and as part of this we actively encourage our pupils to drink plain water, which is available throughout the school day.

Water is one of the best fluids to have. It has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine.

OUR RESPONSIBILITY IN PROMOTING HEALTHY DRINKING

Children will achieve more when both their health and learning needs are met. Ensuring free access to water and promoting a regular water intake throughout the school day is a vital role for schools in promoting health and providing a healthy leaning environment. However, there is a collective responsibility in ensuring we provide our children with the best possible start.

The Headteacher and Governors will:

- Support the healthy lifestyle – Healthy Drinking: Water Policy and the school's ethos of the importance of drinking plain/unflavoured/uncoloured water as the drink of choice within the school.
- Regularly review the policy and make sure it is implemented fairly and appropriately

The School and Staff will:

- Provide an area in the classroom where water bottles can be stored
- Encourage pupils to take their water bottles out at all playtimes and in PE lessons, and at the end of each day
- Make sure pupils have access to plain drinking water throughout the day
- Provide plain/unflavoured (artificially)/uncoloured water to those pupils who do not have access to it in school, unless they have a medical condition and have received written confirmation from a doctor
- Ensure provision for ongoing education for the importance of drinking water will happen through the curriculum

Pupils will:

- Drink plenty of water regularly throughout the day.
- Ensure they only drink plain/unflavoured (artificially)/uncoloured water
- Request access their water bottles during lessons if within reasonable times (e.g. not when the teacher is giving direct instruction or teaching or to deflect from completing tasks/answering questions)
- Avoid putting water bottles on their desks to ensure water does not damage their work.
- Take water bottles home daily, but most definitely on a Friday, to make sure they are washed and cleaned properly.

Parents will:

- Provide their child with a water bottle that is clearly labelled with their name
- Support the school policy and see the benefit of drinking water as a positive lifestyle choice.
- Provide only plain/unflavoured (artificially)/uncoloured water in their child's water bottles
- Provide a copy of medical advice if their child has a need to drink anything other than plain/unflavoured (artificially)/uncoloured water

WATER & WATER BOTTLES:

All children should bring a water bottle to school, which may only contain plain/unflavoured/uncoloured water. Drinking water is also available in all classrooms. Water bottles in school **must not** contain:

- Fizzy drinks – contain acids which are harmful to teeth
- Fruit and vegetable juices or smoothies – limited to once per day and mealtimes
- Sugary drinks – Calorie high causing weight gain and harmful to teeth
- Sugar-free drinks – contain acids and additives, including flavourings and preservatives, and can be detrimental to children health if regularly consumed e.g. affecting metabolism by suppressing appetite, which is the case for phenylalanine. Whilst phenylalanine can be found naturally in some foods as part of a balanced diet, too much regular consumption can also cause anxiety, headaches and hypertension

A guide to healthy hydration by the British Nutrition Foundation outlines a healthy balance for when children aged 5-11 years old can consume some of these drinks – Appendix 1

Although it is the healthier option, we recognise that not all children like to drink plain water. It is recommended that we encourage our children to try as often as possible – the more you try, the more you adapt to it. However, during the transition stage, children may find it easier to occasionally drink a healthy-based alternative of naturally flavoured water e.g. using frozen fruit, instead of ice cubes, or slices of fresh fruit; fruit-infused water is an excellent health choice as it contains natural sugars and fibre

HEALTHY HYDRATION AT LUNCHTIMES:

Pupils are able to take their water bottles into lunch but they do have access to fresh clean water, provided on every table in the dining hall.

Children under 5, as part of the 'School Milk Scheme', and pupils entitled to Universal Infant Free School Meal are also offered milk, which is recognised as a healthy drink by the National School Food Standards.

Where parents/carers choose for their children to bring in a packed lunch, they do not need to provide their child with a drink, as water is also freely available to all pupils having a packed lunch. However, parents/carers can send in a drink as part of their child's packed lunch, but we would still require these drinks to conform to the [National School Food Standards](#), which states healthy drinks as:

- plain water
- lower fat milk or lactose reduced milk
- fruit or vegetable juice (max 150mls one portion per day)
- combinations of fruit or vegetable juice with plain water (with no added sugars or honey)

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.

For children aged 5-11

Healthy Hydration


 About
 6-8
 drinks
 a day

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.

Water

Drink plenty



Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or harming teeth.

Milk

Have regularly



Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should be limited.

Fruit and vegetable juices and smoothies

Can have once a day



Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A DAY. They can be diluted with water to reduce the acidity and sugars content.

Sugar-free drinks

Occasionally



Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.

Tea and coffee

Occasionally
 (and in small amounts
 if caffeinated)



Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milks and no added sugars.

Sugary drinks

Avoid



Are best avoided as they provide sugars, but few other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.

Sports and energy drinks

Not suitable
 for children



Can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.



The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children.

This is based on recommendations on fluid intakes for children from the European Food Safety Authority.