



Water Policy

This policy represents the agreed principles for the provision of drinking water within Shepherd Primary School. This policy has been agreed by governors and teachers within the school and the Headteacher.

School aims

Our school community (children, staff, parents and governors) aims to:

- Learn and grow together within a safe, caring and happy environment;
- Continually encourage achievement in all aspects of school life;
- Motivate all children with a broad and challenging curriculum;
- Treat everyone with honesty and respect;
- Ensure opportunities for all.

Access to fresh drinking water is a fundamental human right. The Food Standards Agency recommends that everyone drinks 6-8 glasses (1.2 litres) of water or other fluid a day, (Eat Well, <http://food.gov.uk/multimedia/pdfs/publication/eatwell0708.pdf>), more in warm weather or during exercise.

Our brains are almost 80% water and even mild dehydration can affect energy and concentration levels. Symptoms include headaches, irritability and fatigue. In the short term this results in impaired mental performance and in the long term can lead to a number of chronic illnesses.

Regular and easy access to water is therefore necessary if both pupils and staff are to perform to their optimum ability.

Shepherd Primary is committed to providing and permitting easy access to drinking water in order to promote the good health and well being of its pupils and staff.

Water Provision

Free water is provided at the following points in the school:

- School kitchen
- Dining room
- Outside the round room
- Staffroom
- Office

Drinking water is also available from the taps in:

- Canteen Kitchen
- Reception Kitchen
- Year 3 Classrooms
- Year 4 Classrooms
- Year 5 Classrooms

- Year 6 Classrooms

Taps which produce drinking water are clearly marked; water from unmarked taps must not be used for drinking.

The key to optimum learning capacity is to keep well hydrated throughout the day, ideally from a personal water bottle at arm's length. The school requests that children bring in their own water bottle and encourage them to drink water regularly, especially in warm weather. This includes being able to drink water in all lessons **other than the ICT suite or when working on the laptops**, where it would be a hazard to do so.

Water bottles are taken home at the end of each day to be cleaned and refilled. Children can refill their water bottles from drinking water points around the school. Each class has been provided with jugs and cups for those children who fail to bring in a water bottle.

Drinking water will inevitably lead to children needing the toilet. Children will be allowed to use the toilets at break time, lunch time and at convenient times during the day.

The governing body will monitor this policy and it will be reviewed on a regular basis, at least once every two years.