

Water is essential for life. Dehydration can contribute to headaches, fatigue, irritability and poor concentration. This can affect learning and behavior.

Students need to drink plenty of water throughout the day to ensure they remain hydrated. This fact sheet presents tips on how to encourage students to regularly consume water at school.

Positive role modelling:

- Encourage staff to carry water bottles.
- Encourage staff to drink water in front of students and avoid sugary drinks in students' presence.
- Prompt students to refill their water bottles during breaks.

Classroom learning:

- Discuss the importance of water and how dehydration can affect how we feel, act and learn.
- Include curriculum activities about water.

School environment:

- Ensure that water stations or fountains are placed throughout the school for easy access to water.
- Many students prefer the taste of chilled water. Chilled water also helps lower body temperature, which is important for children in hot weather. Consider making a chilled water station available to students.
- Display posters and signs throughout the school to encourage and remind students to drink water.
- Include water bottles on students' book and equipment list.





Accessibility:

- Encourage students to bring water bottles into the classroom and place them on their desk.
- Consider an insulated water bottle cover or wrapping drink bottles in small towels to prevent water building up on the desk due to condensation.

Limiting high energy fluid choices:

- Reduce or limit access to fluids other than water being sold at school.
- Ensure low cost water options are available at the school tuckshop.
- Develop and promote school policies to support water consumption and to discourage consumption of high energy drinks.

Promotion to families:

- Discuss how dehydration can impact on concentration, learning and behaviour.
- Include information on water in the school newsletter and social media.
- Run competitions and award winners with a stylish water bottle.