



Driffield Northfield Infant School

Water Policy

Having enough to drink is a key factor to improving the performance and behaviour of children at school. 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.

Whilst we understand that juice often tastes nicer, we know that the constant drinking of juice throughout the day is one of the biggest causes of plaque and tooth decay. Juice is only allowed with packed lunches, at lunchtime. Juice should not be used to fill our water bottles.

At Driffield Northfield Infant School;

- We bring in our own water bottles, which are available to buy from the school office. We request that clear bottles are used as this helps us see how much water children have had to drink so we can encourage them to drink more if necessary.
- They are stored in our classrooms and available at all playtimes and in PE lessons.
- We are encouraged to take our bottles home each day to make sure they are washed and cleaned properly.
- We are able to get drinks during lessons if we ask our teacher and it is at a reasonable time. We might be asked to wait a few minutes if this is an important time during teaching, but not have to wait long.
- We have water coolers where we can ask to refill our bottles or get drinks during the day.

We believe that water in school is cool!