








School Water Guidance

Aim: to keep pupils hydrated and healthy



Legislation states that schools must ensure that water is freely available for pupils to access. By choosing water, this means children are not drinking sugary drinks which contribute to many preventable health conditions like obesity, tooth decay and type 2 diabetes.


Free access to water

-  encourages good health and wellbeing among pupils, staff and other adults;
-  reduces tiredness, irritability and distraction from thirst;
-  can have a positive effect on pupils' concentration throughout the day;
-  demonstrates to parents and to the local community that the school values pupils' health and wellbeing;
-  raises awareness of the importance of adequate fluid intake and healthy eating as part of a healthy, active lifestyle.




Water should be the default drink for every child. The more it is offered, the more readily they will accept it. Sugary or sweetened drinks often have no nutritional value, contribute to weight gain, and can cause tooth decay.

Roles and responsibilities for Parents/Carers:





-  To ensure that their child has a suitable water bottle, which is full of fresh water daily.
-  To encourage their children to take increasing responsibility to drink water at the right time

-  To inform the school, in writing, of any medical needs related to drinking water.

Roles and responsibilities for Children:

-  To drink water during break and lunchtimes to avoid minimum disruption to lesson time
-  To top up their water bottle (or ask for support with this if necessary)
-  Not to ask for their water bottle during the teacher input, but to know that they have free access during other parts of the lesson/school day.

Roles and responsibilities for Teachers and TAs:

-  To ensure that water bottles go out on the playground at break and lunchtimes
-  To ensure that if a child has a medical reason, they can access their water bottle as recommended by health professionals
-  To ensure that children are not using their water bottles as an excuse for avoiding work
-  To teach children that it is their responsibility to take the time to drink during their break and lunchtimes.

Please note that during extreme hot summer weather, children may be given permission to have their water bottles on their tables but this is not the usual rule.

Myton Park
Primary School