



CROFTLANDS INFANT AND NURSERY SCHOOL

Hydration Policy

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Statement of intent

Adequate hydration is a key factor towards improving the performance and behaviour of children at school. Without it the effects can be serious, and symptoms, such as headaches, digestive problems, lack of concentration and dry skin, can develop.

Children are at greater risk of dehydration than adults as they have higher water requirements in relation to their body weight. Whilst adults generally have good access to supplies of water, for children this is not always as easy. Children usually have to ask to be provided with water; often relying on their caregivers to provide drinks.

In addition, children don't always recognise the early stages of thirst, which can make them particularly vulnerable to becoming dehydrated, especially during times that can drive up their body fluid loss, for example when they are playing sport or during warm weather.

This policy sets out the framework in which Croftlands Infant and Nursery School will ensure that:

- A sufficient amount of water and other fluids are made available to all pupils, including the provision of free milk (where applicable).
- Pupils aim to drink the recommended minimum of 6-8 glasses of fluids throughout the school day with additional fluids for PE and other sporting activities.
- Pupils begin to have an appreciation of the benefits of hydration and understand the risks of dehydration as part of their ongoing education.

1. Legal framework

1.1. This policy will have consideration for and be in compliance with the following legislation:

- School Food Regulations 2014.
- The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007.

1.2. This Policy will also have due regard to the following statutory and non-statutory guidance:

- School Food in England – July 2014.

Hydration

2.1. Croftlands Infant and Nursery School understands the importance of good hydration and that a child should drink 6-8 glasses of fluids a day.

2.2. The school will ensure that sufficient sources of fluids are made available to all pupils throughout the school day, but will only provide the following drinks as prescribed under regulations:

- Water.
- Low fat milk.
- Fruit or vegetable juice.
- Plain soya.
- Rice or oat drinks.
- Unsweetened combinations of fruit juice and water.
- Combinations of fruit juice and low fat milk or yogurt.
- Hot chocolate.

2.3. Tea and coffee will not be served to pupils at school.

2.4. Additional drinks will be provided to replenish pupils' lost fluids, both during and following physical activity.

Water

3.1. Pupils will also be encouraged to bring to school a clear plastic bottle, filled with water, for use during class.

3.2. Croftlands Infant and Nursery School will meet its statutory duty to make fresh drinking water available to all registered pupils at all times and at no cost.

3.3. Pupils should drink their water discretely, so as not to cause disruption to the learning environment.

- 3.4. Pupils should not share their water with other pupils or be allowed out of class to re-fill their bottles, unless they have a specific medical condition that necessitates this. Bottles may be refilled at break time or lunch time from the taps in the classroom.

Milk

- 4.1. Croftlands Infant and Nursery School will meet its obligation to provide a free 189ml serving of milk to children under the age of five years on free school meals.
- 4.2. The provision of free milk for children under the age of five years not on free school meals will be funded through the nursery milk scheme.
- 4.3. Any additional milk must be provided at the child's parents' expense, but skimmed milk will not be accepted for pupils under the age of five years.

Other drinks

- 5.1. Croftlands Infant and Nursery School may, at its discretion, provide some of the other permitted drinks outlined in section 2.2. However:
- No more than one glass of fruit juice will be provided to pupils each day and this must not contain any added vitamins or minerals.
 - Cordials must be sugar-free.

Review

- 6.1. This policy will be kept under regular review by the Head Teacher and amended as appropriate to reflect any changes to regulations.