



Stoke Park Infant School

Drinking Water Policy 2026-2029



Approved by	FGB
Reviewed date	July 2026
Next review date	Summer 2029
Responsible person	Headteacher
Committee responsible	FGB
Regularity of review	3 yearly

It has been known for some time that our brains function better when we are hydrated. The key to boosting the capacity to learn is to keep well hydrated throughout the day. When we are thirsty, mental performance deteriorates by 10%. Pupils concentrate better because they are not distracted by the effects of dehydration such as thirst, tiredness and irritability. It is widely known that drinks other than water can contain harmful amounts of sugar and acid as well as preservatives and additives. These should be considered as a treat and not part of a child's staple diet.

Aims

- To ensure open access to fresh drinking water at all times during the day
- To promote the health, wellbeing and learning opportunities of all pupils and staff
- To provide an environment that promotes drinking water as an important and pleasurable experience

Objectives

- To ensure information relating to drinking water is consistent and up-to-date and provide additional information where necessary
- To ensure pupils and staff have a water bottle and understand the importance of drinking water regularly throughout the day
- To ensure that water bottles for use during class time only contain water
- To ensure that lunchtime supervisory staff supply fresh drinking water to ensure that all children drink water at lunchtime. Staff and Lunch team children will help pour the water for the children

Water Bottles

We encourage each child to bring in a plastic bottle to have unlimited access to fresh water throughout the school day. The bottles must be clearly labelled with each child's name.

Lunchtime

Lunchtime supervisors will ensure water jugs are cleaned daily and filled when empty throughout lunch. All children will have a drink of water at lunchtime, and this will be monitored by lunchtime staff to ensure all children drink water at lunchtimes.

Storage of Bottles

Each classroom will have an area where pupils will store their bottles in class for easy access.

Refilling the Water Bottle

During the day the children will be responsible for their own bottle and will fill it up as necessary. Staff will ensure all children drink water throughout the day and remind them to fill up the bottle if needed.

Cleaning the Water Bottle

The bottles need to be taken home at the end of each day and washed thoroughly. There may be some children who leave their water bottles at school for several reasons therefore staff will be responsible for running those bottles through the school dishwasher.

Other drinks

Milk is available for all children. It is free to under-five's and at a small cost for five and above. We will ensure they drink plenty of water at lunchtime and throughout the day.

After school clubs

Only water is permitted at after school clubs.

Special health requirements

If a child has a special health requirement, then evidence or a letter from a medical professional will be required.

Reviewing Our Policy

This Policy will be reviewed by staff and governors.

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