Water only policy



It is important to encourage children and young people to drink regularly throughout the day, to ensure that they are well hydrated. Water should be the default drink for us all. Not only is water tooth-friendly, it also helps children to concentrate and to recharge. Drinking water can also help children to learn the difference between feeling thirsty, and feeling hungry, which can prevent them craving sugary snacks. The more water is offered, the more readily children will accept it.

We Need Water

Studies show that children who drink more water are happier at school, can concentrate better and have better visual attention.

How Much?

We should be aiming to drink 6-8 glasses each day for optimum hydration.

Top Tip

Put jugs of fresh tap water with cups on tables at meal times and encourage children to serve themselves or pour some for family and friends

Top Tip

Adding lemon, lime or cucumber to water is a fun twist and can encourage children to drink more.

Top Tip

Drinking more water can help children to tell the difference between hunger, and thirst.

Sugary Drinks

Sugary drinks are a major source of free sugar, which is bad for our health. If you feel inspired by the ideas here, why not try some of them at home?

SCHOOL FOOD MATTERS