****

****

**Add your school logo here**

**SUGGESTED TEMPLATE – ADD OR DELETE CONTENT AS REQUIRED**

**Our school is water-only**

**Rationale**

***We care about the health of our students***

Sugary drinks[[1]](#footnote-1) are one of the most significant causes of poor oral health and contribute greatly to childhood obesity and Type 2 diabetes.

***We care about their achievement***

Sugary drink consumption is associated with problem behaviours. Studies have found poor diet and nutrition are associated with lower academic achievement.

**Our commitment**

***We will ensure parents and students receive clear, consistent messages about the importance of healthy choices and the impact of sugary drinks by:***

* continuing to educate students about the importance of healthy drink choices and the benefits of consuming water
* actively promoting water as the best option in school publications
* ensuring staff commitment to model healthy drinking habits.

***And we will create an enabling environment by:***

* actively discouraging sugary drinks being brought to school by students
* providing water (and plain reduced fat milk) as the only drink option for students
* allowing students access to water during class time
* not associating our school with programmes that promote sugary drinks
* ensuring school lunch options don’t include sugary drinks
* ensuring sports teams will only use water as their source of hydration
* not selling sugary drinks as part of sausage sizzles, the school gala or other celebrations.
1. *Any beverage that contains added caloric sweetener usually sugar. The main categories of sugary drinks include soft-drinks/fizzy-drinks, sachet mixes, fruit drinks, cordials, flavoured milks, flavoured waters, cold teas/coffees, and energy/sports drinks* [↑](#footnote-ref-1)