



## 'Water Only School' Procedure

### Rationale

Miramar Central School (MCS) has started the process of being a water only school working towards Bronze status initially in 2018.

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

Sugary drinks<sup>1</sup> 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
- 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 as the only drink option for students, apart from BOT approved school events
- allowing students access to water (drinking fountains) 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