

## WATER MILK POLICY

*School Vision: Building for Eternity*

Our school is water and milk only



### Rationale

#### ***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***

Consuming sugary drinks 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.*

FORMULATED BY: Rotorua Seventh-Day Adventist School Board of Trustees

APPROVED: Board Chair, Maraea Van Gent \_\_\_\_\_

BOT REVIEWED: 4 July 2018