

**Add your school logo**

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***

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.* [↑](#footnote-ref-1)