



ST PAUL'S HEALTHY DRINKS POLICY

We Are a Water Only School

Rationale

We care about the health of our students

Sugary drinks¹ are one of the most significant causes of poor oral health and contribute greatly to childhood obesity.

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 modelling healthy drinking habits.

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
- allowing students access to water during class time
- not associating our school with programmes that promote sugary drinks
- providing school lunch options that don't include sugary drinks
- ensuring sports teams only use water as their source of hydration
- not selling sugary drinks as part of sausage sizzles, school events 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