

# ***Milk or Water Only***

## **School policy statement (draft)**

As a school we are dedicated to providing an environment that promotes and enables children to meet their learning potential and thrive. As part of this ambition, we are committed to developing approaches to support children to eat and drink well, to promote good health, positive behaviours and learning outcomes.



Hydration is essential in promoting well-being, and water and low-fat milks are ideal choices to keep children hydrated whilst avoiding additional calories, caffeine and other additives.

**Our 'Milk or Water Only Policy' means plain water and plain reduced-fat milk (plain semi-skimmed or skimmed milk, or unsweetened milk alternatives e.g. soya) are the only drinks allowed to be consumed on school grounds (unless for medical reasons or if children are under 5).** This supports our commitment to the National School Food Standards in 'providing water and milk for all pupils during school meals'.

As part of our whole school approach **we will promote water as the best option and help pupils understand the importance of healthy drink choices and the benefits of consuming water.** We will also ensure our staff are committed to model healthy drinking habits.

Children are provided with lots of opportunities to drink throughout the school day:

- Pupils are encouraged to bring bottled water with them to school. This can be consumed in the classroom and the dining hall (and on the playground by EYFS and KS1 pupils).
- Pupils are permitted to refill water bottles via classroom taps and drinking fountains during the school day.
- Water and reduced fat milk are provided free of charge at lunchtimes for all pupils taking a school meal (including all children in Year 2 and below, as part of Universal Free School Meals provision).

**We ask for the support of families and carers not to provide fizzy or sugary drinks within lunch boxes: these drinks will be returned home, and an alternative provided.**

The policy is being formulated through consultation between members of staff, governors, parents and pupils, and we ask for your support in implementing the policy.

