



# **Rhos y Fedwen Primary School**

## **Healthy Drinking Policy**

### **2025**

**Healthy Drinking Policy: Drafted 18.12.24**  
**Ratified by Governors: Spring 2025**  
**Review Date: 06.09.2026**

## **Introduction**

At Rhos Y Fedwen, the health and well-being of our children are our highest priorities. We recognise that establishing healthy habits at a young age is crucial for lifelong wellness. As per the legal requirements set forth by the Welsh Government, it is essential to promote healthy drinking options within educational settings. This Healthy Drinking Policy is designed to create an environment that not only meets but exceeds these requirements, ensuring that our learners have the opportunity to make healthy choices.

## **Healthy Drinking Policy**

To create a culture of healthy drinking, the following measures have been implemented:

- Only water will be allowed in classrooms and at break times.
- Personal beverages brought into school as part of packed lunches must be non-carbonated. Any drinks that do not meet this standard will be subject to restrictions.
- Water will be available in classrooms and from the installed water cooler, ensuring that learners can easily quench their thirst throughout the day.

## **Legal Requirements and Guidance**

The Welsh Government, in conjunction with the Welsh Network of Healthy School Schemes, promotes a holistic approach to health in schools. As part of fulfilling our legal requirements, we have taken significant steps to facilitate healthy drinking among our learners. To meet these requirements, we have provided free drinking bottles in partnership with DWR Cymru and installed a water cooler within the school building, ensuring that children have access to fresh drinking water during the school day.

Statutory guidance found in section 5 of the 'Healthy eating in maintained schools' publication further supports our policy stating that 'pupils must have easy access at all times to free, fresh drinking water. Water containing sweeteners, sugars, honey, colouring or flavouring is not permitted'.

## **Health and Nutrition Benefits of Water**

Water is essential for maintaining hydration and overall health. It quenches thirst and is readily accessible to children both in school and at home. Unlike fruit juices, soft drinks, and artificially sweetened beverages, water contains no additional calories. This helps children maintain a balanced diet and avoid unnecessary calorific intake associated with sugary drinks.

Drinking water can prevent various health issues such as headaches, bladder, and bowel problems. Importantly, water does not harm teeth, unlike fruit juices and certain soft drinks, making it a safe choice for promoting oral health.

Encouraging children to develop a preference for water is fundamental in fostering lifelong healthy eating and drinking habits.

## **Role of Staff, Parents, and Caregivers**

School staff, along with parents and caregivers, are crucial in helping children develop healthy drinking habits. Consistent messaging and role modelling related to healthy hydration practices will be pivotal in shaping children's attitudes and choices.

Staff will actively promote water consumption and provide opportunities for learners to hydrate throughout the school day utilising their school water bottles and access to the water cooler/dispenser.

Parents and caregivers are encouraged to reinforce this message at home and when coming to school, highlighting the importance of adequate hydration.

## **Conclusion**

Our school recognises the significant importance of adequate hydration among learners. By implementing this Healthy Drinking Policy, we aim to create an environment and culture where drinking water is the norm. We believe that by taking a holistic, whole-school approach to health, we will foster healthy habits that support our learners' well-being both now and in the future.

Our policy supports our commitment to reducing the cost of the school day by removing the need to purchase drinks as free cooled water is readily available.

We appreciate the support and collaboration of all members of the school community in promoting and practicing healthy drinking habits.

## **Review and Monitoring**

This policy will be monitored and reviewed regularly to ensure its effectiveness and relevance.

Continued feedback from students, parents, and staff which was originally used to introduce the new approach to drinking healthily, will be integral in identifying areas for improvement.

### **Links and sources of information...**

- [Healthy-eating-in-maintained-schools-statutory-guidance-for-local-authorities-and-governing-bodies.pdf](#)
- [Natural Source Water Association](#)
- [NSWA-Pre-Schooler-Hydration-factsheet-sd22-06\\_06\\_23.pdf](#)
- [Primary resources | Dŵr Cymru Welsh Water](#)