



Water Policy – Inverurie Academy

It is crucial that young people drink enough water throughout the school day.

Dehydration has a major effect on young people as they may not feel thirsty until it is too late. Dehydration can cause the following symptoms: headaches, reduced energy levels, tiredness, reduced concentration levels, increased irritability, loss of appetite.

The body is made up of approximately two thirds water, which explains why a lack of water has a direct effect on our ability to perform to our full potential. There has been a significant increase in the amount of young people drinking 'fashionable' energy drinks. Many young people believe that these drinks will help them to concentrate and stay focused in class however the opposite is true. These types of energy drinks are highly sweetened and can cause: insomnia, headaches, migraines and anxiousness. Drinking several of these drinks per day will result in a poor sleep cycle, which will result in pupils arriving to school feeling tired and unable to concentrate. Furthermore, they may feel that they need more of these drinks to 'get through the day'.

- Pupils are entitled to drink water throughout the school day.
- Pupils should be encouraged to bring a filled bottle with water to school each day.
- Water should be stored in a water bottle and kept on their desk, in their bag or in an area agreed with their class teacher. Some classes will require a designated area away from equipment.
- Only water is permitted in classrooms out with break and lunchtime.
- Energy drinks will not be permitted in school. Staff will ask these drinks to be put away or binned.

Water fountains are situated at points in the school.

- Bottles can be refilled if required from the water fountains.
- Bottle should be filled before school, at break or at lunch, pupils will not be allowed out of class to fill water bottles.

Pupils failing to follow this policy will be subject to the Promoting Positive Relationships Policy.