

LESSON REHYDRATION POLICY

Education research has shown that the ability of the brain to function at its optimum level is impaired if the brain becomes dehydrated.

Only STILL water will be allowed for the following reasons:

- ✓ Still water is the best liquid to rehydrate (despite the commercial claims of certain manufacturers).
- ✓ Still water is not sticky (in the event of spillage).
- ✓ Still water does not stain.
- ✓ Cost – mains water is free. Monitors will refill bottles at lunchtime if required.

The bottle must be a plastic, transparent bottle that holds a maximum of 75 centilitres/750 millilitres. It must have a 'lift-up to drink/push down to close' facility (sports top). The top only comes off to re-fill. These bottles are available from Sainsburys or Tesco. A larger bottle would take up too much room.

If any pupil is foolish and does not display the maturity to cope with this system, they will lose the facility and their parents will be informed accordingly. **It is important that all pupils exhibiting sensible behaviour should continue to benefit.**

CODE OF CONDUCT

- The bottle must be a plastic, transparent bottle that holds a maximum of 75 centilitres/ 750 millilitres.
- The bottle must have a sports top (lift-up to drink/push down to close).
- Only still water must be used.
- All bottles to be named/labelled with a permanent marker pen.
- Initially, teachers will inform the class when there is a drink break.
- Named bottles to be left in crates at 12.25 pm (at the end of the morning session) in form rooms ready to be refilled by monitors, if required. (Years 5 & 6 only)
- Bottles to be re-distributed at afternoon registration. (Years 5 & 6 only)
- All pupils to be responsible for taking their bottle home, cleaning it and refilling with **still** water for the next day.
- Bottles to be put in storage crates during the following lessons:

ICT, Design Technology, Science, Music, Food and Fabric, PE

NO BOTTLES TO BE TAKEN INTO THE LIBRARY AT ANY TIME