

DAUBENEY MIDDLE SCHOOL

LESSON REHYDRATION POLICY

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

Most teachers will recognise the lethargy exhibited by hot and thirsty pupils; the cost of air-conditioning is for the future. However, as we are serious about providing the best working environment it will be essential to work towards this.

The teacher will inform the class (whenever possible at the beginning of a lesson) that there is a drink break. The teacher will also inform pupils when the bottles must be capped. **IN HOT CONDITIONS THE TEACHER MAY ALLOW ADDITIONAL DRINK BREAKS.**

STILL WATER ONLY 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 (in the event of spillage).
- Cost – mains water is free.

The bottle must be a plastic, transparent bottle that holds a maximum of 75 centilitres/750 millilitres. (A larger bottle would take too much room). These bottles are available from Sainsburys/Tesco.

The bottle must have the pupil's name on it. Label and/or permanent marker. For hygiene reasons bottles should not be shared.

The bottle must have a sports top facility (lift-up drink/push down close). The top should only be removed to refill, by monitors.

The bottle should be stored on the desk/floor, etc. depending on working conditions; the teacher will inform the pupils.

During the following lessons bottles will be stored in crates:

Music, design technology, food and fabric, ICT, Science, PE

NO WATER BOTTLES TO BE TAKEN IN TO THE LIBRARY.

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. **It is important that all pupils exhibiting sensible behaviour should continue to benefit.**