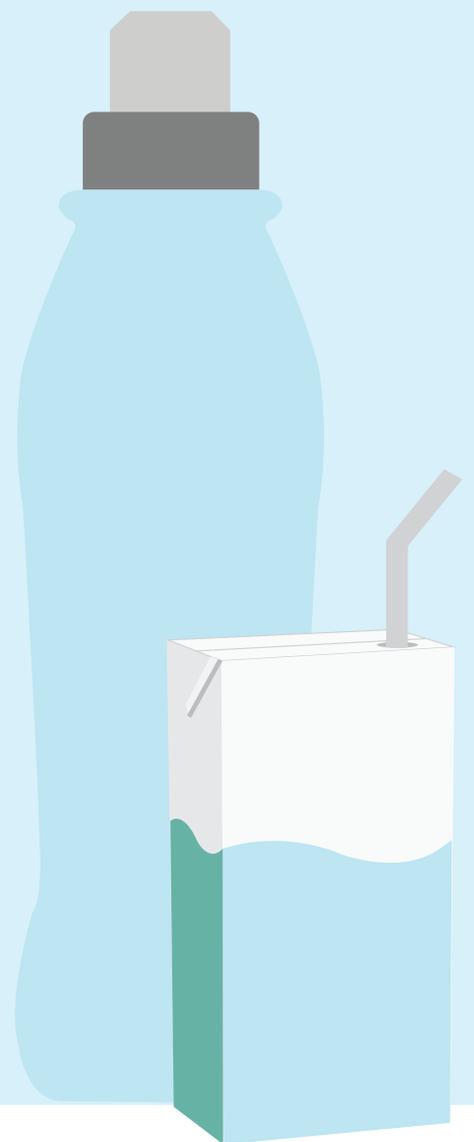


Guide to becoming a **water and plain milk only school**

Sugary drinks¹ are one of the most significant causes of poor oral health and contribute to childhood obesity and type 2 diabetes.

Schools can provide healthy environments for staff, students and their whānau, and being a water and plain milk only school for students is a great place to start.

¹ Any beverage that contains added caloric sweetener, usually sugar. The main categories of sugary drinks include soft-drinks/fizzy-drinks, sachet mixes, fruit drinks, cordials, flavoured milks, flavoured waters, iced teas/coffees, and energy/sports drinks



Step One

Share your goal

Your staff are your best role models

Get their support by explaining why this is important to the school community and what impact it will have on them. Encourage them to drink water and plain milk at school and talk to the students and their whānau about the benefits of drinking water and plain milk.

Involve the students

Ask them to help your school to be a water and plain milk only school and to suggest ways to make this happen.

For example, have them map out where the water fountains are in the school, or places that students can refill drink bottles. They could conduct a survey to find out what students think of the water fountains – can all students reach them, and are the taps or buttons easy to use? Does the water taste ok? Are they clean to drink from?

Involve them in the planning, decision-making and guidelines development, and promotion stages of becoming a water and plain milk school.

Make water easily available at school

Check that your water fountains are easily accessible for all students and nice to drink from and that there are places for students to refill their drink bottles easily.

Use drink bottles

Encourage staff and students to have their drink bottles in the classroom and at events, and to refill them throughout the day.

School vision and values

Align your water and plain milk only school goal with your school vision and values.

Promote the benefits of drinking water

Make sure everyone in your school community knows why drinking water and plain milk is important – for their health and for their learning.

Let everyone know

Publicise your school's aim to be a water and plain milk only school with the students, their parents/whānau, the people that use the school facilities, the parents' groups and fundraising committees, and the local food/convenience shops.

Step Two

Develop your own guidelines, procedures or policy

Involve your wider school community

Involve and seek support from your school, staff, students, their parents and whānau, and people in your community like the Health Promoting Schools facilitator, the Heart Foundation, oral health promoter, dentists, and community health promoters. Find out from them what they think is important to include.

Share your policy or guidelines

Let your students, staff and wider school community know you are committed to promoting healthy food and drink choices.

Step Three

Promote your water and plain milk only status

Be proud of your water and plain milk only position

Write and talk about it often in your school newsletters, in the classroom, in assemblies, parents and whānau hui, and on social media.

Celebrate your success

Contact the local media, design a new school sign with “Proud to be a water and plain milk only school” on it, or have a school water party!

Catch them when they are good

Reward or acknowledge those who use drink bottles and drink from the water fountains at school.

Promote water as the best choice

Place laminated posters near water fountains and water bottle refill areas, and near school entrances.

Use pictures to tell the story

Use 100% Water banners in your newsletters and social media sites to share your message to the wider school community.

Break down the barriers

Ensure that students and their families who speak other languages understand what being a water and plain milk only school means.

Water only at all events

Let those using your school in the evenings and weekends know that your school is a water and plain milk only. Encourage them to commit to making their events and activities water and plain milk only, too.

Spread the word

Ensure that those who visit your school to relieve, assist in the classroom, or work with or perform to the students, know of your water and plain milk only school status.

Some resources and organisations that can help you

The Ministry of Education's education.govt.nz website includes a draft water-only policy template, information, guidelines, and research for schools wanting to promote healthy lifestyles.

education.govt.nz/ministry-of-education/specific-initiatives/health-and-safety/health-and-wellbeing-programmes/why-promote-healthy-lifestyles/



Fonterra's Milk for Schools

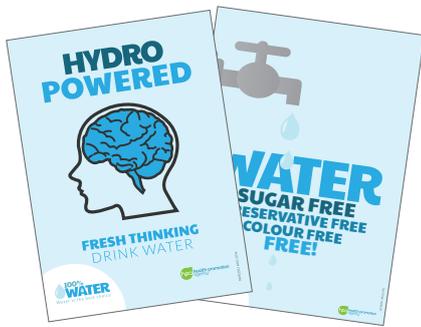
Schools with year 1-6 students can sign up to receive delicious, nutritious milk, delivered free every school day through Fonterra's Milk for Schools programme.

fonterramilkforschools.com

Health Promoting Schools

Health Promoting Schools (HPS) is a school community-led development. HPS facilitators support school communities to identify their strengths and address their health, wellbeing and education priorities. HPS enables communities to find their own solutions through partnerships with the school, health and social services. If school communities identify that they wish to become a water only site, HPS facilitators can provide support and link with resource.

hps.tki.org.nz/HPS-Impact/Facilitators-in-your-region



100% Water resources

Order the free pack of posters, table talkers, infographics and stickers and promote water as the best choice in your school. Laminate them and place them near your water fountains.

nutritionandactivity.govt.nz/nutrition



Sugary drinks infographics

These posters illustrate the amount of sugar in common New Zealand drinks and promote water or low-fat milk as the best drink of choice. Order the free posters or download the graphics to use in electronic communications.

nutritionandactivity.govt.nz/nutrition



Newsletter and social media banners

Download a range of banners promoting drinking water and plain milk to insert in your school newsletters and social media pages.

nutritionandactivity.govt.nz/nutrition



Player of the Day certificates

Evidence shows children value the recognition of their achievement more than the reward. The free certificates reinforce positive messaging about water being the best drink and support your school's water and plain milk only status.

nutritionandactivity.govt.nz/nutrition



The Heart Foundation's regional staff work with schools and early learning centres throughout New Zealand, to identify their needs around healthy eating and physical activity, and support them in making positive changes. They're able to help your school develop a water only policy. See the wide range of tools and resources available on the Heart Foundation's website learnbyheart.org.nz



The Heart Foundation's Guide for events and fundraisers provides a range of healthy fundraising alternatives, many of which do not include sugar sweetened drinks and food. Healthy fundraising can send clear and consistent health messages to your wider community, as well as returning a decent profit.

learnbyheart.org.nz/images/resources/Healthy_Fundraising_Ideas_FINAL_2015.pdf



100%
WATER
Water is the best choice