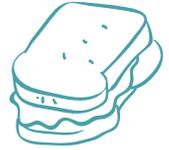




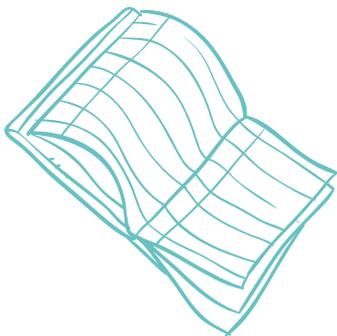
# Water-only Schools Toolkit



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Kia ora koutou,



Thank you for considering this invitation to become a **water-only** school.

Following the invitation sent by the Ministry of Education and the Ministry of Health in 2016, this **Water-only** toolkit has been developed for schools to use as a quick and easy guide to how to become water-only. The toolkit contains information and resources to support your school along the way.

By adopting a water-only policy, whereby water and low-fat plain milk are the only drinks available at your school, you are taking a positive step towards improving the health and behaviour of your students.

Sugar-sweetened beverages contribute to childhood obesity, type-2 diabetes, and tooth decay. Schools which have become water- and low-fat plain milk-only, have seen the immediate benefits to student health, behaviour and learning.

According to recent research by the Health Promotion Agency (2015), 93% of parents and caregivers support schools limiting access to sugar-sweetened beverages.<sup>1</sup>

For more information and a list of support agencies, please see pages 11-13.

We wish you all the best in becoming a water-only school.

Hōmai te waiora ki au.

Give me the waters of life.



<sup>1</sup> Health Promotion Agency. (2015). *In Fact. Research facts from the HPA*, 4(29).

# switch to water



NEW ZEALAND  
DENTAL ASSOCIATION



## Frequently asked questions about water-only schools

### **What is a water-only school?**

A water-only school is one in which water and plain low-fat milk are the only drinks permitted at school.

Water-only schools will have either a nutrition or water-only policy in place with procedures to ensure that these drinks are the only ones available at school. Guidelines and procedures around the provision and sale of drinks at school should also be formalised within the school nutrition policy or within a specific water-only policy.

Water-only schools will also ensure that water and plain low-fat milk are the only drinks permitted at events such as sports days, camp, and discos/socials.

### **We already encourage students to bring only water to school in their drink bottles. Does this mean we are a water-only school?**

Encouraging students to bring only water to school is a great way to promote water as the best choice of drink for school and to ensure hydration throughout the day.

However, to be a water-only school, drinks other than water and plain low-fat milk are not available for sale through the school canteen or lunch order, as reflected in policy.

### **We have a school canteen/lunch order which provides a range of drinks. How do we go about changing this?**

If your school specifies within its nutrition/water-only policy that water and plain low-fat milk are the only drinks to be provided at school, then the school canteen will need to ensure that supplied drinks align with this policy.

Details about which drinks can be supplied can also be included within the canteen contract. If you have a lunch order you can simply request the supplier to remove drinks other than water and plain low-fat milk from the menu.

### **Why should we consider adopting a water-only policy?**

Developing a policy enables you to engage and gain support from your school community. The policy empowers individuals and groups to take action and make a contribution in creating a healthier school environment.

Also, adopting a water-only policy ensures that your school has appropriate procedures in place to ensure that water and plain low-fat milk are the only drinks available at school.

### **Can we supply fizzy drinks and juices at special events such as the school disco and gala?**

The short answer is NO. As part of becoming a water-only school, water and plain low-fat milk are to be the only drinks available during these types of events.

### **Some of our school fundraising events sell sugar-sweetened beverages, do we have to stop selling these, and what alternatives are available?**

As part of becoming a water-only school, drinks other than water and plain low-fat milk should not be used for fundraising purposes. For ideas on healthy fundraising alternatives, see the Heart Foundation's list of fundraising ideas,<sup>2</sup> the Canterbury District Health Board's Healthy Events and Fundraisers Guide,<sup>3</sup> and Twinkle Tooth.<sup>4</sup>

<sup>2</sup> [http://s3-ap-southeast-2.amazonaws.com/hfweb-fuelled-for-life/uploads/resources/Healthy\\_Fundraising\\_Ideas.pdf](http://s3-ap-southeast-2.amazonaws.com/hfweb-fuelled-for-life/uploads/resources/Healthy_Fundraising_Ideas.pdf)

<sup>3</sup> <http://www.cph.co.nz/wp-content/uploads/healthyeventfundraisers.pdf>

<sup>4</sup> <http://www.twinkletooth.co.nz/info.html#howtorun/>



# Writing our school's water-only pledge



Making a school pledge to become water-only is a great tool to use to work towards visible and sustainable change.

Below are a number of suggested actions under five areas that support and encourage water-only schools. Your school can consider undertaking some of these actions to become water-only. The actions chosen will depend on whether your school is just starting out on its journey to become water-only or if it is well along the path.

## 1. Making water readily accessible

Providing access to water gives students a healthy alternative to sugary and artificially sweetened drinks. It helps to increase students' overall water consumption, maintain hydration, and can contribute to improved learning. Where water is fluoridated it also plays a role in preventing tooth decay.<sup>5</sup>

- Review the number and accessibility of water fountains in the school
- Board of Trustees and Principal ensure there is enough budget allocated to maintain and/or upgrade at least one water fountain per 60 students and have adequate means for re-filling water bottles
- Ensure that sports teams and all groups representing the school both on and off site have access to water (fountains, bottle re-fill and/or extra water bottles).

## 2. Limit access to sugar-sweetened beverages

Sugar-sweetened beverages are a leading risk factor for obesity and non-communicable diseases such as type-2 diabetes and tooth decay. By limiting their availability and accessibility in education settings you're not only considering the health and wellbeing of the students, but showing leadership to create positive change.<sup>6</sup>

- Review nutrition and/or water-only policy to ensure students only bring water to school (e.g. students only bring clear re-fillable bottles)
- Modify online catering menu so it only offers water and low-fat plain milk as drink options (e.g. Lunchonline, EZ lunch, and Subway)
- Staff commits to not use sugar-sweetened beverages as rewards and this is reflected in the nutrition and/or water-only policy
- School community commits to phase out sugar-sweetened beverages at school fundraisers, events, and celebrations (e.g. discos)
- Board of Trustees and Principal review and modify hospitality contracts to ensure canteen/tuckshop does not sell sugar-sweetened beverages
- Canteen/tuckshop manager collaborates with school to phase out sugar-sweetened beverages and negotiates future hospitality contracts
- Board of Trustees and Principal review and modify lease agreements for vending machines to offer only water and plain low-fat milk options
- Collaborate with local retailers to support the water-only policy at schools and discourage students' option to purchase sugar-sweetened beverages.

<sup>5</sup> [www.cdc.gov/healthyschools/npao/wateraccess.htm](http://www.cdc.gov/healthyschools/npao/wateraccess.htm)

<sup>6</sup> <http://www.fizz.org.nz>

### 3. Engage and consult with whānau, students and staff

Community engagement is one of eight principles in The New Zealand Curriculum that provide a foundation for schools' decision making. When parents, whānau, and communities are supported to be engaged in students' learning better outcomes are achieved.



- Celebrate by holding a water-only party or similar event to grow student and whānau engagement with school's policies and vision
- Student health and wellbeing team participates in deciding on how best to implement the water-only pledge
- Encourage the wider school community to participate in deciding on and implementing this water-only pledge through the promotion of their commitment
- Water-only pledge progress is communicated/celebrated to the wider school community through different channels such as newsletters, Facebook, and/or letters
- Staff, contractors, and volunteers commit to being positive role models by adhering to the same principles reflected in the nutrition and/or water-only policy.

### 4. Promote water-only through education and awareness

Education is a key part of creating behaviour change. It raises awareness about why we should have water instead of sugar-sweetened beverages.

- Promote and communicate the benefits of water and the harms caused by sugar-sweetened beverages in newsletters, social media, and at school events
- Reflect in policy that advertising and promotion of sugary drinks, including sponsorship, is not permitted
- Staff to integrate promoting the benefits of drinking water and the effects of sugar-sweetened beverages into the curriculum and lesson plans
- Engage with Heart Foundation, Dental Community Services and HPS Health Promoters to identify appropriate curriculum-based programmes that will support your school water-only pledge.

### 5. Embedding water-only in the culture of the school

Documenting your strategic planning, policies and procedures is important for embedding change. Having clear water-only goals and actions reinforces consistent messaging through every aspect of your school.

- Align water-only school goals with school vision and values in school charter
- Reflect water-only changes in policy and procedures (either as part of your food and nutrition policy or a separate water-only policy)
- Add the implementation of water-only related goals, policies and procedures to self-review cycles.



# Water-only pledge



[School Name]

[School Logo]

Year:

## **Our school's water-only achievements:**

[List what your school has already achieved in promoting water-only]

Example

1. Board of Trustees and PTA are keen to support our school being water-only during school time and at school events and activities.
2. Last year we ran a successful school fundraising event that was water-only.
3. On [date] staff had a discussion on the harms of sugar-sweetened beverages and the benefits of drinking water, including impacts on student learning and behaviour.

## **Our school's water-only pledge:**

[List the next steps your school will take to promote being water-only]

Example

This year we will:

1. Review the number and accessibility of water fountains.
2. Get staff commitment to promote being water-only at school and school events.
3. Review what water-only policies our school already has.
4. Hold a water party to grow student and whānau engagement with our school's water-only policies and goals.
5. Send letter to parents and whānau about our water-only pledge.



## Example letter to caregivers/parents

Dear parent/caregiver,

Our school has pledged to be a 'water- and plain low-fat milk-only' school.

We have made this pledge because we are aware that schools who have adopted a water- and plain low-fat milk-only policy, have seen student health, behaviour and learning improve. Children who have too much sugar in their diet have an increased chance of experiencing tooth decay, obesity and diabetes.

The Ministry of Education and the Ministry of Health support our pledge and in early 2016, both ministries announced they encourage all schools to become water- and plain low-fat milk-only.

Our pledge is to <<selected pledge>>

Please help us improve student learning and behaviour by supporting our pledge. When you are able to please:

- Have a water bottle available for your child to take to school
- Fill drink bottles with plain tap water
- Be a positive role model and continue to drink water



We appreciate your help with supporting our pledge.

Kind regards,

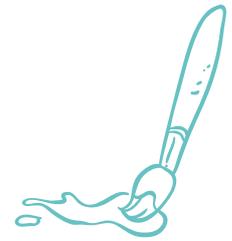
School Principal (name)

School (name)



## Suggested policy template

(Add or delete content as required)



### **Our school is water-only**

#### Rationale

*We care about the health of our students*

Sugar-sweetened beverages have no nutritional value, contribute empty calories, replace healthier beverage options, and contribute to poor health outcomes.

*We care about student achievement*

Consumption of sugar-sweetened beverages is associated with problem behaviours. Studies have found poor diet and nutrition are associated with lower academic achievement.

#### Our commitment

We will ensure parents and students receive clear, consistent messages about the importance of healthy choices and the impact of sugar-sweetened beverages by:

- continuing to educate students about the importance of healthy drink choices and the benefits of consuming water
- actively promoting water as the best option in school publications
- ensuring staff commitment to model healthy drinking habits.

And we will create an enabling environment by:

- actively discouraging sugar-sweetened beverages being brought to school by students
- providing water (and plain low-fat milk) as the only drink option for students whilst at school
- allowing students access to water during class time
- not associating our school with programmes that promote sugar-sweetened beverages
- ensuring school lunch options don't include sugar-sweetened beverages
- ensuring sports teams will only use water as their source of hydration
- not selling sugar-sweetened beverages as part of sausage sizzles, the school gala, or other celebrations.

## Resources

<u>Title</u>	<u>Author</u>	<u>Type</u>	<u>Cost</u>	<u>Contact</u>	<u>Example</u>
How much sugar is in drinks?	Community and Public Health	Poster, A2	Free within Canterbury	<a href="http://www.cph.co.nz/resource_list.php?mc=122">http://www.cph.co.nz/resource_list.php?mc=122</a>	
Choose water or milk first	Community Dental Service	Sticker	\$22.65 + gst Box of 250	Community Dental Service Adolescent Oral Health (03) 335 4230 or e-mail <a href="mailto:freedentalcare@cdhb.health.nz">freedentalcare@cdhb.health.nz</a>	
Drink water	Health Promotion Agency	Poster	Free	<a href="http://baynav.bopdhb.govt.nz/media/1681/100-a5-cards_free-refills.pdf">http://baynav.bopdhb.govt.nz/media/1681/100-a5-cards_free-refills.pdf</a>	
100% water resources	Health Promotion Agency	Posters, certificates	Free	<a href="http://nutritionandactivity.govt.nz/nutrition/100-water-resources">http://nutritionandactivity.govt.nz/nutrition/100-water-resources</a>	
No sugary drinks	FIZZ (Fighting Sugar in Softdrinks)	Logo, guidelines, infographic	Free	<a href="http://www.fizz.org.nz/content/no-sugary-drinks-logo">http://www.fizz.org.nz/content/no-sugary-drinks-logo</a>	
Wai Māori, Ngai Māori-Blue drink bottle	Toi Tangata Waiariki	Drink Bottle	\$12.00 each	<a href="http://toitangata.co.nz/resources">http://toitangata.co.nz/resources</a>	
Bottled water with your own label	Custom Water Ltd	Drink bottle	Various	<a href="http://www.customwater.co.nz/">http://www.customwater.co.nz/</a>	



<b>Websites and media</b>	
<b>Schools</b>	<b>Link</b>
Mosston School, Wanganui	<a href="http://www.nzherald.co.nz/wanganui-chronicle/news/article.cfm?c_id=1503426&amp;objectid=11623474">www.nzherald.co.nz/wanganui-chronicle/news/article.cfm?c_id=1503426&amp;objectid=11623474</a>
New River Primary School, Invercargill	<a href="http://www.stuff.co.nz/national/health/78106699/Fizz-free-water-only-schools-could-be-tipping-point-in-fight-against-obesity">www.stuff.co.nz/national/health/78106699/Fizz-free-water-only-schools-could-be-tipping-point-in-fight-against-obesity</a>
West Spreydon School, Christchurch	<a href="http://www.tvnz.co.nz/one-news/new-zealand/water-only-initiative-small-step-can-create-big-change">www.tvnz.co.nz/one-news/new-zealand/water-only-initiative-small-step-can-create-big-change</a>
Yendarra Primary School, Otara	<a href="http://thatsugarfilm.com/blog/2015/02/19/the-yendarra-school/">thatsugarfilm.com/blog/2015/02/19/the-yendarra-school/</a>
<b>Films and interviews</b>	
One man's mission to get rid of our sweet tooth – Rob Beaglehole	<a href="http://vnz.co.nz/sunday-news/one-man-s-mission-get-rid-our-sweet-tooth-6249593">vnz.co.nz/sunday-news/one-man-s-mission-get-rid-our-sweet-tooth-6249593</a>
Dentist encourages all marae to be sugar-free – Rob Beaglehole (Te Reo Māori)	<a href="http://www.maoritelevision.com/news/regional/dentist-encourages-all-marae-be-sugar-free">www.maoritelevision.com/news/regional/dentist-encourages-all-marae-be-sugar-free</a>
That Sugar Film	<a href="http://www.youtube.com/watch?v=6uaWekLrIlY">www.youtube.com/watch?v=6uaWekLrIlY</a>
Jamie Oliver's Sugar Rush	<a href="http://www.youtube.com/watch?v=Bpr20BdngSY">www.youtube.com/watch?v=Bpr20BdngSY</a>
<b>Websites</b>	
2016: The year of the water-only school?	<a href="http://www.edgazette.govt.nz/Articles/Article.aspx?ArticleId=9251">www.edgazette.govt.nz/Articles/Article.aspx?ArticleId=9251</a>
Ministry of Health encourages schools to adopt water-only policies	<a href="http://www.health.govt.nz/news-media/media-releases/ministry-health-encourages-schools-adopt-water-only-policies">www.health.govt.nz/news-media/media-releases/ministry-health-encourages-schools-adopt-water-only-policies</a>
Promoting healthy lifestyles?	<a href="http://www.education.govt.nz/ministry-of-education/specific-initiatives/health-and-safety/health-and-wellbeing-programmes/why-promote-healthy-lifestyles/">www.education.govt.nz/ministry-of-education/specific-initiatives/health-and-safety/health-and-wellbeing-programmes/why-promote-healthy-lifestyles/</a>
Fighting sugar in soft drinks – FIZZ	<a href="http://www.fizz.org.nz/">www.fizz.org.nz/</a>
Rethink Sugary Drinks, Australia	<a href="http://www.rethinksugarydrink.org.au/">www.rethinksugarydrink.org.au/</a>

# Contact Information

## Community and Public Health – Canterbury District Health Board

Tim Weir

Team Leader – Health Promoting Schools  
310 Manchester Street, Christchurch  
Telephone: 03 364 1777  
[tim.weir@cdhb.health.nz](mailto:tim.weir@cdhb.health.nz)



## Community Dental Service – Canterbury District Health Board

Belinda Smith

Oral Health Promoter/Co-ordinator – Regional Coordination Service for Adolescent Oral Health  
Canterbury, South Canterbury and West Coast  
Sylvan St, PO Box 731, Christchurch  
Telephone: 03 335 4230  
[belinda.smith@cdhb.health.nz](mailto:belinda.smith@cdhb.health.nz)

## Healthy Families Christchurch

Interschool forums, bringing local community leadership together in the Spreydon-Cashmere ward, Waltham and Sydenham areas.

Nina Perez

Sport Canterbury  
PO Box 2606, Christchurch 8140  
Telephone: 03 373 5060  
[nina.perez@sportcanterbury.org.nz](mailto:nina.perez@sportcanterbury.org.nz)

## Heart Foundation Canterbury

Heart Foundation Health Promoter  
Telephone: 03 366 2112 Ext 4  
[canterbury@heartfoundation.org.nz](mailto:canterbury@heartfoundation.org.nz)



## New Zealand Dental Association Adopt a School initiative

Dentists 'Adopt a School' initiative; November Switch to Water Challenge

Deepa Hughes

Senior Oral Health Educator and Project Manager  
New Zealand Dental Association  
[deepa@nzda.org.nz](mailto:deepa@nzda.org.nz)

## Pegasus Health (Charitable) Ltd

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Telephone: 03 379 1739

