



# St Olave's Grammar School

## HYDRATION GUIDELINES

### 1. Rationale

Dehydration is widely accepted to be a major cause of ill health. It can lead to persistent, low-level ailments: headaches, fatigue, kidney aches and skin problems. Studies show that we begin to feel thirsty at one per cent dehydration. Our ability to work begins to diminish at two per cent. By four per cent, lethargy, apathy and mental symptoms set in.

There is a need to encourage children, in particular, to drink more water. Research into the drinking habits of young people shows that too many are at risk of being dehydrated, which carries a risk of significant damage to their health and education. Dehydrated children are likely to be feeling 'foggy' and battling with poor concentration, irritability and headaches.

Active promotion - to pupils, teachers and parents – should help us reach a point when all students and staff drink the recommended quantities of water per day (e.g. 1.75 litres for eleven-year-olds).

### 2. Aims

- To increase student, parent and staff awareness of the health benefits of drinking water.
- To actively encourage students and staff to re-hydrate. This is particularly important for students after PE and Games lessons. This is achieved by allowing students to drink water in lessons from clear sports-style water bottles or bottles with screw caps. Students are encouraged to bring water to PE and Games Lessons, especially during hot weather, when the lesson takes place outside. **Please note that students may not drink water in the Library, Science laboratories, Computing rooms, Music rooms or Design workshops unless given specific permission by a member of staff.**
- To provide access to fresh drinking water. This is achieved through the provision of water fountains and water vending machines in the School.
- To prevent short-term effects such as increased excitability, irritability, nervousness or anxiety. This is achieved by not allowing students to drink fizzy drinks (e.g. Coca Cola, Fanta, Sprite), energy drinks (e.g. Red Bull, Rockstar, Monster), sports drinks (e.g. Powerade, Lucozade Sport, Gatorade) or drinks with added sugar (e.g. Coca Cola, Fanta, Sprite).
- To aid the performance and recovery in School Sports Fixtures and Training. Students will be allowed to drink sports drinks during training for a School Sport or participating in a School Sports Fixture. This may include before or after training and before or after the fixture, to aid performance and recovery. **Students must be aware that routinely drinking these sports drinks when not used to aid performance or recovery could result in excessive calorie intake and substantially increase the risk of becoming overweight or obese.**