

WATER ONLY SCHOOLS TOOLKIT

THIS WATER ONLY

SCHOOLS TOOLKIT

CONTAINS:

- Water-only schools tip sheet & case studies document
- Water-only schools Policy development information & policy template sheet
- Healthy food & drink activity in schools flyer
- Oral Health Flyer
- Sugar poster
- Player of the day certificates

Ministry bulletin for

SCHOOL LEADERS

He Pitopito Kōrero

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In this issue

Message from Peter Hughes

As you are aware, obesity, and in particular childhood obesity, is a growing problem in New Zealand.

I spent a good part of my early career in health, and even way back then we could see that the number of New Zealanders who were overweight or obese was increasing.

The good news is that we now know how to address that. Eating well and leading a healthy lifestyle play a big part, and sticking to water and plain reduced fat milk are key to that. Conversely, sugary drinks are a very big contributor to obesity, as well as damaging kids' oral health and increasing their likelihood of developing Type 2 diabetes.

Some of you may not like what's to follow, but we know it works. Right now it's working in around 10 percent of our schools.

I'd like to suggest that you consider discussing with your board and school community becoming a water-only school. We can help you to do that, alongside our partners at the Ministry of Health. If you want to talk to a school that has already become water-only, your local Director of Education can hook you up. Feel free to get in touch with them.

In the mean time, there are some resources below that you might find helpful:

- Water-only resources are on our [Healthy lifestyles page](#)
- This [poster](#) can help start conversations about sugary drinks. A copy is in today's Education Gazette.
- [Recent research](#) shows 93% of parents think it is important for their child's school to limit access to sugary drinks.
- The World Health Organisation [Commission on Ending Childhood Obesity](#) recommends eliminating sugary drinks and creating healthy school environments.

Thanks for considering this.

Share

WATER ONLY

SCHOOLS TIP SHEET

To create healthy change in our community the healthy choice has to be the easy choice. An effective way to make healthy change within your school is to become a 'Water Only School', this means that students are only allowed to drink water during the normal school day, during extra curricular school activities such as sports, camps, galas, BBQ's and fundraisers and that only water can be sold in school canteens.

About 10% of NZ schools have already adopted a water only policy and teachers report improvements in attendance, attention, behaviour, and levels of concentration in schools and early childhood education services where healthy eating has become accepted practice.

IN ORDER TO BECOME A WATER ONLY SCHOOL YOU WILL NEED...

- Support from the Principal, Senior Management, Staff, the Board of Trustees, PTA and any outside catering contractors to ensure that everyone is on board from the outset.
- To develop a Water Only Policy, whānau consultation in the development of this policy is recommended to ensure everybody has the chance to support. The policy will need to be ratified by the Board of Trustees
- To develop clear messaging and communication to ensure the entire school community is aware of the water only kaupapa and what this will mean for them. This could mean ongoing promotion in regular school newsletters, signage around the school, role modeling by school staff and ensuring that the policy is supported at all times. It is important that parents and students understand that the school is behind this 100%.
- To provide water (and plain reduced fat milk) as the only drinking option

OTHER THINGS THAT MAY BE HELPFUL

- The Healthy Families or Health Promoting Schools team can assist you in developing a draft Water Only policy and provide you with examples of policies to help you get started.
- Local health providers such as Public Health Units and Oral Health services may be able to provide you with resources such as pamphlets and posters that provide information to support your school.

If you would like to become a Water Only School and would like further information or support, please contact our team at
Te Oranganui Iwi Health Authority

Healthy Families Whanganui Rangitikei Ruapehu
www.healthyfamilieswrr.org.nz (06) 349 0007



Water is the best choice

A 600ml fizzy drink contains 16 teaspoons of sugar

SCHOOLS CASE STUDY

MOSSTON SCHOOL

Mosston School is a semi rural school of approximately 150 pupils from year 0-6. Mosston has been a water-only School since 2010, the concept was introduced to the school along with brain breaks and fruit breaks. Mosston School don't have a water-only policy however all students are encouraged to bring their own drink bottles filled from home each day and then fill up at the water fountains throughout the day. All the school's water fountains have been upgraded to have a tap on the side to support easy drink bottle filling.



Mosston School are on tank water so occasionally a lack of water can become a problem and the school need to purchase a refill. They have recently had to put in a 2nd water tank due to the roll increasing. Monthly testing of the water quality is also required and these costs are met by the school.

The Oral Health Nurse has commented that there has been an improvement in oral health since becoming a water-only school. The School also has milk in schools. Principal Michelle Watson has identified that the benefits of being a water-only school include better concentration, better levels of engagement and a reduction in inequity between families.

Mosston School also have a focus on healthy lunch boxes with 'healthy lunch box awards' where the students are nominated for a splash centre swim card. Information about the water-only kaupapa and healthy lunch boxes is included in enrolment packs, and resources for healthy lunch box ideas are sent home to parents.

RUTHERFORD JUNIOR HIGH

Rutherford Junior High is an Intermediate School for year 7-8 students with a current roll of approximately 100 in Tawhero, Whanganui. Rutherford Junior High doesn't have a water-only policy but the initiative has been around since before current Principal, Diane Henare's time.



Students are able to bring clear drink bottles to school that are kept on their desks during the day. Water-only information is provided to parents via the school newsletter and should students bring non-water bottles to school the whanau are contacted to discuss the kaupapa to ensure everyone understands.

The recent school camp was water-only with caterers asked only to supply iced water at meals and the kaupapa is supported in PE, Health and food technology classes as well as by the school sports teams.

One of the focuses for Rutherford Junior High has been ensuring that the staff role model the water-only kaupapa too. Diane thinks its hugely important that the staff practice what they preach. The school will be looking at implementing a formal policy in the near future to support the practice that has become an important part of the schools culture.

If you would like to become a water-only school and would like further information or support, please contact our team at Te Oranganui Iwi Health Authority

Healthy Families Whanganui Rangitikei Ruapehu
www.healthyfamilieswrr.org.nz (06) 349 0007

A water only policy or procedure is a great way to ensure the sustainability of the water-only initiative and solidify a water-only school culture

There are a number of ways this can be done:

- **Develop a stand alone water-only policy**
An example policy has been provided by the Ministry of Health over the page as a starting point to assist you.
- **Include a water-only statement in your schools current nutrition policy**
Including a water-only statement as part of an existing nutrition policy can be done as part of the regular review process, or if this is some time off, a review can be requested by the Board of Trustees.
The example water-only policy over the page may assist you in designing a clear statement that defines what water-only is for your school
- **Develop a nutrition policy that includes a water-only statement**
An example nutrition policy is available via the New Zealand Heart Foundation website <http://www.aws.learnbyheart.org.nz/index.php/resources> from the schools resources section alongside a number of tools to support a whole of school approach to healthy eating, including information on healthy alternative fundraising ideas.
The water-only policy over the page may assist you to develop a statement that is clear in defining what water-only means for your school.
- **Develop a procedure**
If your school is procedure rather than policy based you will need to develop a procedure statement around water-only and outline what process will be undertaken if students bring non-water beverages into the school

There are a number of people that can assist you:

- **The Whanganui District Health Board Public Health Unit**
This may include the Public Health Nurse that is allocated to your school, the Physical Activity & Nutrition Health Promoter, the Oral Health Promoter or your Health Promoting Schools Advisor.
You can contact the Public Health team by calling
06 348 1791
- **The Healthy Families Whanganui Rangitikei Ruapehu team**
This may include the Settings Coordinator, Partnership & Engagement Coordinator or Health Promoter.
You can contact the Healthy Families Whanganui Rangitikei Ruapehu Team at
Te Oranganui by calling
06 349 0007
- **The Heart Foundation**
This may include engaging with the established programmes for schools developed by the Heart Foundation.
You can contact the Manawatu / Mid Central branch (including Wanganui) by calling
06 358 7745

SUGGESTED TEMPLATE – ADD OR DELETE CONTENT AS REQUIRED

Our school is water-only

Rationale

We care about the health of our students

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

We care about their achievement

Sugary drink consumption 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 sugary drinks by:

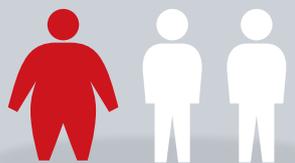
- continuing to educate students about the importance of healthy drink choices and the benefits of consuming water
- actively promoting water as the best option in school publications
- ensuring staff commitment to model healthy drinking habits.

And we will create an enabling environment by:

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

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, cold teas/coffees, and energy/sports drinks

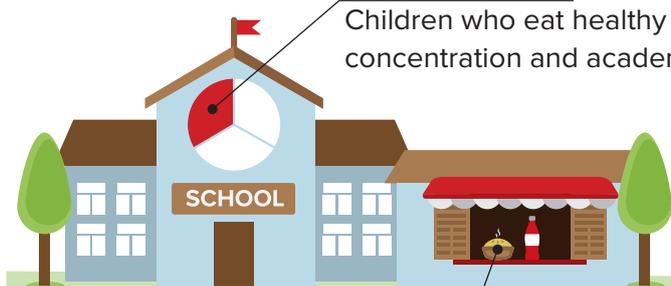
We want healthy food, drink & activity in schools



1 in 3 children in NZ are **overweight or obese**

1/3 of calories are eaten at school.

Children who eat healthy food have better concentration and academic outcomes



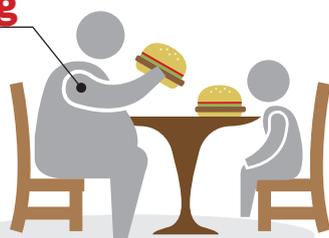
3x as many **fast food and convenience stores** are located near schools in high needs communities

50% of children regularly buy food from the **school canteen**



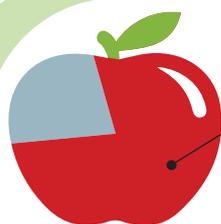
Adult role modelling

has a strong influence on children's healthy eating and exercise habits



The World Health Organization recommends no more than

5 teaspoons of added sugar per day for children. A 600ml bottle of soft drink has **16 teaspoons**



78% of New Zealanders are in favour of schools implementing a healthy **food policy**

Junior sport is **15x** more likely to be **sponsored by unhealthy food companies** than other companies



1 in 3 young people **don't meet the guideline for daily physical activity.**

Being active at school improves attention, learning and mental wellbeing

Are you with us? Turn the page to get involved

How can we work together?

The Heart Foundation has a dedicated team of staff working with schools throughout NZ. They can offer help and resources to improve healthy eating and physical activity in your school. Here are some ways they can help:



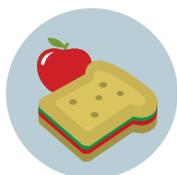
Nutrition Policy

- Support to develop your school nutrition policy and incorporate nutrition planning into your school charter



Connecting with your community

- Resources and workshops for parent groups
- Support to plan a healthy school event e.g. health expo



Canteen

- **Fuelled4life** healthy recipes and resources
- Sample canteen menus
- Tips for promoting your canteen menu



Spread the healthy word

- Healthy eating snippets for your school newsletter or Facebook page
- Ideas for school fundraising and celebration events
- Tips for a nutritious lunchbox
- Help with starting or supporting your student health team



Professional Development

- Free professional development workshops for staff



Nutrition Education

- **Foodstuffs Food for Thought** in-class nutrition sessions for years 5 & 6
- Free curriculum level 1-5 nutrition unit plans



Fuel up for learning

- Tools to help schools identify a clear process to support hungry students



Physical Activity

- **Jump Rope 4 Heart**
- Activity resources and ideas



Healthy changes at your local shop

- A toolkit for working with your local takeaway or convenience stores

HEART START[™]
TOITOI MANAWA

HEART START
EXCELLENCE



To start your journey, visit www.learnbyheart.org.nz

Or contact your local Health Promotion Coordinator:

Name

Contact

keeping your teeth fit...*easy* as!

Taking care of your teeth
need not be tedious.

It is as simple as 2 minutes twice a day
brushing your teeth in the morning and
before going to bed at night.

Tips for taking good care of your teeth:

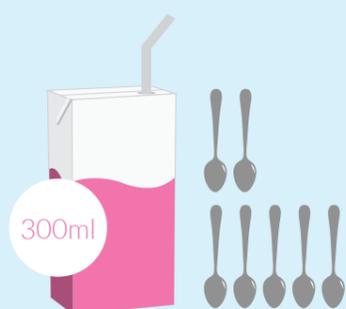
- Brush twice daily with a fluoride toothpaste
- Floss at least once daily
- Visit your dentist for regular dental examinations
- Have a healthy diet that is low in sugar
- Stop smoking



**HAVING A HEALTHY MOUTH
IS IMPORTANT FOR OVERALL HEALTH
AND WELLBEING**

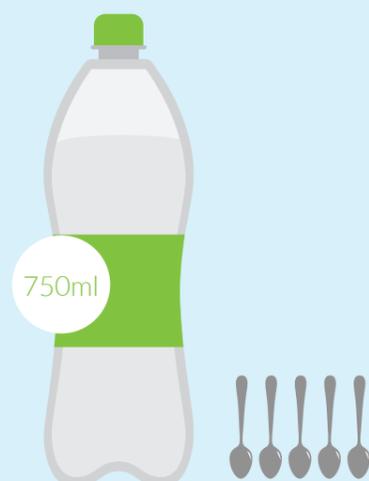


HOW MUCH SUGAR IN THAT DRINK?



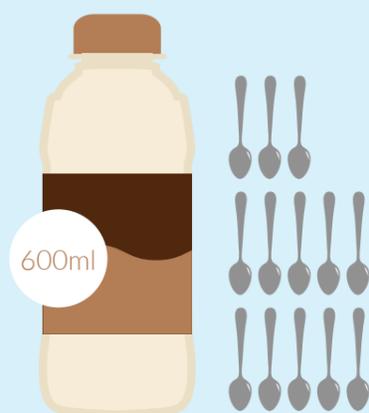
flavoured milk

7 teaspoons of sugar



flavoured water

5 teaspoons of sugar



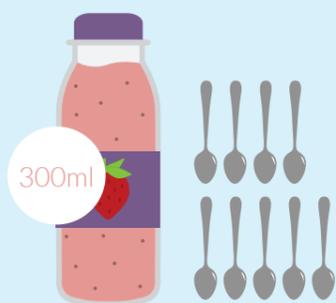
iced coffee

13 teaspoons of sugar



iced tea

7 teaspoons of sugar



smoothies

9 teaspoons of sugar



sparkling fruit drinks

13 teaspoons of sugar



powdered fruit drink

15 teaspoons of sugar



tap water

0 teaspoons of sugar

water is the best choice

low or reduced-fat unflavoured milk is a good choice too

WATER
Available on tap

ALWAYS FRESH