

**DRINKING WATER AVAILABLE DURING MEAL PERIODS
AND THROUGHOUT SCHOOL DAY**

Goal: Drinking water shall be available at all meal periods and throughout the school day.

The average adult body is 55 to 75% water. Since such a large percentage of our bodies is water, water plays an important role in how our bodies function. Water aids in the digestion and absorption of food, carries nutrients and oxygen to cells, removes toxins and other wastes, cushions joints, and protects organs. Consuming a less than adequate amount of water can lead to dehydration which can increase the chance for illness resulting in lost time in school. Therefore, the district commits to making drinking water available to students during meal periods and throughout the school day. The district will ensure safe, clean, sanitary water sources are available to students during meal periods, at no cost. The district will strive to provide cooled water (41°F to 60°F) to increase consumption.

Role Of The Principal

1. The principal will oversee and ensure implementation of procedures to ensure access to drinking water during the day, especially during school meals.
2. The principal will ensure that students have access to drinking water and that it will not be denied as part of a punishment or due to lack of operational equipment.
3. Principals will encourage water consumption through student events, assemblies, and informative announcements.
4. Principals will assure that teachers and staff are aware of the importance of adequate water consumption, in particular those teachers who are involved in leading students in physical activities.
5. Principals will lead by example and encourage staff to lead by example by drinking water during the school day.
6. Principals will ensure that a sufficient number of drinking fountains or other water sources will be available to all students during lunch periods. At least one water source per 100 students scheduled for each meal period will be available.
7. The principals will assess the current availability of water in the school and, if needed, work with teachers, custodial staff, food service department, and parents/guardians to provide additional venues for providing water.

8. The principals will develop a plan in collaboration with appropriate school and district staff to ensure high water quality.
9. If water bottles are permitted in the classrooms, the principals will collaborate with teachers and custodial staff to develop rules and ensure that trash receptacles are available. If the school does not allow water bottles in the classrooms, the principal will instruct teachers to provide classroom breaks during which students can get a drink. Rules regarding water in the classroom will be shared with parents/guardians.

Role Of Maintenance/Custodial Staff

1. If providing water through drinking fountains, the maintenance/custodial staff will ensure that the fountains are accessible at appropriate heights enabling all users to reach the water stream.
2. To reduce the spread of bacteria and viruses, drinking fountains will be cleaned and sanitized at least every 30 minutes during meal periods with approved cleaning and sanitizing solutions.
3. Where drinking cups are supplied for water consumption, a trash can will be located in close proximity to the water source and emptied on a regular basis.
4. Maintenance of air-cooled water coolers will be completed on a regular schedule, including cleaning of air vents, condensers, and other electrical equipment.
5. Drains in drinking fountains will be maintained to ensure quick drainage of water.
6. If water is allowed in the classroom, custodial staff will ensure that trash receptacles are available and trash is collected regularly.

Role Of Food Service Department

1. Food service staff will report mechanical and safety problems with water coolers in the dining area to district custodial staff.
2. Food service staff may be required to provide ice water in insulated containers for consumption during meal periods.
 - a. The cups, 5 ounce or less, used for dispensing of water should be considered a building expense and not a food service expense.
 - b. Where ice is not readily available, water will be refrigerated overnight in insulated containers.
3. Food service will be encouraged to and have the opportunity to offer, for sale, larger bottles (8 ounce, 16.9 ounce, 24 ounce) of water to students.
4. Water that is offered for sale will be competitively priced to encourage consumption.

5. To reduce the spread of bacteria and viruses, drinking fountains will be cleaned and sanitized at least every 30 minutes during meal periods with approved cleaning and sanitizing solutions.

Role Of Cafeteria Aides

1. Cafeteria aides, lunch supervisors, teacher monitors will encourage students to consume water during lunch or before exiting for recess or class.
2. Students will be instructed on procedures for dismissal to the drinking fountain or water source.
3. Access to water will not be denied as a punishment by supervisors or monitors.

Role Of Teachers

1. Teachers will cooperate with the principal and food service staff to encourage consumption of water in addition to milk and juice at meal times.
2. Teachers will familiarize students with location of water sources in the building, including the dining room.
3. Teachers will instruct students on correct procedures, including drinking fountain etiquette:
 - a. Wait your turn in line
 - b. When drinking do not cover faucet with mouth or lips
 - c. Sip water from water stream
 - d. Drink as much as you need, but do not hold up the line.
4. School nurses and Health/Physical Education teachers will instruct students on the importance of consuming water during physical activity (including recess), during meal periods, and when participating in sporting events.
5. Teachers will provide classroom education about the importance of water consumption and may introduce activities to monitor/promote consumption (e.g., students keep logs documenting their beverage choices, students create posters promoting water which are displayed throughout the school, students investigate issues related to water and write reports, etc.)
6. If water bottles are allowed in the classrooms, teachers will review rules for water in the classroom with students and will monitor adherence to these rules. If water bottles are not allowed in the classrooms, teachers will provide breaks during which they will encourage students to get drinks of water.

Role Of Students

1. Students will routinely consume water during meal periods and at other times during the day.
2. Students will encourage peers to drink water when going out to recess, returning to class and during meal periods.

Role Of Parents/Guardians/PTO/PTA

1. Parents and guardians will act as positive role models for water consumption. Adult encouragement for consumption of water is very important. Students mirror what they see. When they see adults drink water to replenish fluids they are likely to repeat the action.
2. Parent groups will assist in raising funds to provide safe, clean resources to supply drinking facilities during meal periods.
3. Parents/Guardians will volunteer in the dining area assisting students to access water sources.

Resources

The following are website and links to hand-outs/fact sheets that provide information about fluid needs and the importance of water.

Clemson Extension. Home and Garden Information Center. Fluid Needs -
<http://hgic.clemson.edu/factsheets/HGIC4151.htm>

East Carolina University. Brody School of Medicine. Department of Family Medicine. Water, Water, Everywhere -: <http://www.ecu.edu/cs-dhs/fammed/customcf/resources/nutrition/hydration.pdf>

Environmental Protection Agency. Water on Tap: What you Need to Know -
http://www.pueblo.gsa.gov/cic_text/health/watertap/ontap.html

Iowa State University Extension. Eat to Compete -
<http://www.extension.iastate.edu/nutrition/sport/fluids.html>

Penn State University. College of Agricultural Sciences. Water Resources Extension. Drinking Water Publications and Resources - <http://water.cas.psu.edu/71.htm>

USDA. Nutrition and Your Health: Dietary Guidelines for Americans. Part D: Science Base; Section 7: Fluid and Electrolytes -
http://www.health.gov/dietaryguidelines/dga2005/report/HTML/D7_Fluid.htm

University of Illinois Extension. Food for Thought. Water, Water Everywhere -
<http://www.urbanext.uiuc.edu/foodforthought/0106.html>

University of Minnesota Extension Service. Fluids and Hydration -
<http://www.extension.umn.edu/family/W00031.pdf>

University of Nebraska Extension Service. Water: The Nutrient -
<http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=296>