

## Water at St Mark's

At St Mark's we actively encourage children to drink water regularly in order to keep hydrated. Every classroom has a designated water bottle area and children are able to drink water throughout the day as long as it does not interrupt learning. In addition to this, there are four water fountains located within the school playground where children can refill their water bottles throughout the day and drink from at break times.

**Research shows that children need to drink at least three to four glasses of water per day whilst at school and even more when exercising or in warm weather.**

Keeping hydrated whilst at school is important because:

- When we are thirsty our mental performance declines by ten per cent-making it more difficult to concentrate and learn. However, research shows that mental performance improves with frequent intakes of small amounts of water.
- Pupils' concentration improves when they are not distracted by feelings of thirst, tiredness and irritability.

Children achieve more when their health and learning needs are met.

It is important therefore to ensure that they have easy access to water throughout the day and to provide a school environment that supports both learning and health.

**To ensure water bottles are not mixed up, please label your child's bottle with their full name.**

