



Say Ae 2 Wai - Policy 2018

Rationale

We care about the health of our students and community
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

Our Practices

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.

Introduced 2018



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