

## **1.14 SUGARY DRINKS & HEALTH**

**Approved by:** Board of Trustees

**Contact:** Headmaster

**Group:** DP Commercial, Catering  
Manager & Catering Staff

**Date effective:** April 2017

**Review date:** April 2020

**Reviewed by:** HM, DP Com

### **Policy Statement**

Sugary drinks<sup>1</sup> are one of the most significant causes of poor oral health and contribute greatly to childhood obesity and Type 2 diabetes.

### **Policy Rationale**

Sugary drink consumption is associated with problem behaviours. Studies have found poor diet and nutrition are associated with lower academic achievement.

### **Responsibility for Implementation**

#### **Board of Trustees**

- Delegates responsibility for monitoring and implementation to the Headmaster

#### **Headmaster**

- Delegates responsibility for monitoring and implementation to the Deputy Principal Commercial

#### **Deputy Principal Commercial**

- In conjunction with the Catering Manager and Catering Staff, implements and monitors the policy.

### **Guidelines:**

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

### **Procedures:**

We will create an enabling environment by:

- discouraging sugary drinks being brought to school by students by highlighting current research in newsletters and on the College website.
- ensuring the canteen does not stock fizzy sugary drinks, nor fruit drinks, nor energy drinks, nor any other drink with a sugar content greater than 0.15g/ml in the 2016 school year.
- providing only water, and plain milk as the drink options for students by February 2017.
- allowing students access to water during class time
- not associating our school with programmes that promote sugary drinks
- ensuring boarding dining room options don't include sugary drinks.
- encourage sports teams to only use water as their source of hydration
- not selling sugary drinks as part of school events.

<sup>1</sup> 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