

Out of School Time Wellness Policies: Water Policy

[The Out-Of-School-Time Organization] (Hereto referred to as the Organization) is committed to the optimal development of every student. The Organization believes that for youth to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting out-of-school-time environments throughout the year.

This policy outlines the Organization's approach to providing access to safe, free drinking water because:

- Having access to safe, free drinking water helps to increase students' overall water consumption and reduce energy intake when substituted for sugar-sweetened beverages
- Having access to safe, free drinking water helps to maintain adequate hydration which may improve cognitive function among children and adolescents, which is important for learning

This Organization requires that:

1. Free, safe, and unflavored drinking water is available to students during the school day and during the extended school day* (including during out-of-school-time/and before and after school)
2. Water cups/jugs are available in the cafeteria if a drinking fountain is not present
3. Students can bring and carry approved water bottles filled with only water before, during, and after the school day across the school campus
4. All water sources and containers (i.e. drinking fountains, water jugs, hydration stations, and water jets) will be maintained regularly to ensure adherence to health and safety standards

Therefore:

Effective _____, 20__ it is the policy of this Organization that all students will have access to free, safe drinking water before, during and after school.

Title

Name of Organization

Signature

Date