**Water-only pledge for [name of school]**

Children’s sugar consumption contributes to childhood obesity and dental decay. Nearly a quarter of sugar consumed by primary aged children is through drinks, and we know that on average children consume more than three times the recommended maximum intake of sugar every day.

As a school, we are aiming to embed a clear water-only culture (which includes plain milk) to reduce excessive consumption of sugar and to improve the concentration of our pupils through good hydration.

We have already achieved the following steps to become water-only:

(delete or add as appropriate)

* Free drinking water is available throughout the school day
* Pupils are encouraged to drink water to stay hydrated and focused
* We encourage children to refill reusable bottles with water, to reduce plastic waste
* We don’t provide or sell sugary or fizzy drinks (including juice and squash) during the school day

To further our ambition to become a water-only school, we are pledging to take the following actions to become a water-only school:

(delete or add as appropriate)

* We will write to parents to inform them of our water-only approach
* We will display posters around the school to encourage children to drink more water and avoid sugary drinks
* We will educate children about the importance of healthy drink choices and the benefits of consuming water
* We will not serve fruit juice or squash at breakfast club
* Children having a packed lunch will only bring water or plain milk to drink
* We will set a challenge in the school to give up our consumption of sugary drinks outside of school hours for a whole week
* Our celebration events and parties will not include sugary drinks
* Staff will model healthy water drinking habits

(date)