

## HEALTHY LIVING – WATER CONSUMPTION

Preamble: In the driest state in the driest continent on earth, Australians are often subjected to extremes of heat. Living Health, which is a branch of Sports Medicine Australia, strongly advocates that young people drink water during the day to alleviate any dehydration.

It is suggested that dehydration and heat stress result in poor performance, headaches, fatigue, nausea, confusion and light headedness. As part of a Healthy Living policy eg. daily fitness, appropriate Sports program, Sunsafe policy and the introduction of healthy food into our canteen.

At Ingle Farm East, students will be permitted to have a 500ml bottle, containing water only, for their personal use during lessons.

The bottle will be labelled with the student's name and contain water only.

If a student abuses the privilege, eg: squirts, continuously sucks on the bottle, knocks bottles over, etc, then the class teacher will remove the bottle for an appropriate time.