

A stylized sunburst with blue and yellow rays is in the upper left. Three large, overlapping flowers in purple, orange, and pink are scattered across the background.

FOR A SCHOOL ENVIRONMENT PROMOTING WATER CONSUMPTION



**coalitionpoids**
québécoise sur la problématique du

Une initiative parrainée par l'Association pour la santé publique du Québec

The water fountains:

- are highlighted by murals, posters or crafts.
- offer fresh water.
- Is of suitable / adaptable height.
- are clean, well maintained and of sufficient quantity.
- the tap allows for easy water bottle fill-ups.



The lunchroom

- Staff promotes water consumption.
- Water bottles are encouraged in the lunch boxes.
- Water is easily accessible in the lunchroom (pitchers, cooler, nearby water fountain, etc.).
- Promotional water posters.
- In the cafeteria, water is available for free.

FOOD POLICY

- School doesn't offer sugary drinks.
- Measures to promote water access and encourage the use of water stations in schools are included in the food policy.



The classroom



- Teachers are role models for water promotion. They also inform students about the importance of water consumption.

- Water bottles are allowed in a predefined place * in the classroom.

** Allocating a specific place for water bottles helps reduce the risk of distractions and damages to notebooks or computers. For example, they can be placed on the floor (near a table leg), a dedicated table in the room or on a lower shelf in the library.*



The gymnasium and the schoolyard

- Water bottles are allowed.
- The water fountains are near the gymnasium.
- Water fountains are available to students in or near the schoolyard.



ABOUT THE CAMPAIGN **I AM THIRSTY FOR HEALTH!**

The *I'm thirsty for health!* campaign aims to promote healthy hydration by encouraging, regulating and enhancing water consumption for children.

***Let's build environments
where water is the most visible and
attractive drink for children!***




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More tools are available at **www.thirstyforhealth.ca**
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