



(Name of School District)		Policy Code:
<p style="text-align: center;">A Model Free Water Access School Policy for School Districts in Georgia</p> <ul style="list-style-type: none">• The (insert name of school district) School Board recognizes that we can promote healthy, dietary behaviors, including drinking water. Adequate hydration may improve cognitive function among children and adolescents, which is important for learning. By ensuring students have access to safe, free drinking water throughout the school environment, students are provided with a healthy alternative to sugar-sweetened beverages before, during and after school. This helps to increase students’ overall water consumption, maintain hydration, and reduce energy intake. Drinking water, if fluoridated, also plays a role in preventing dental caries (cavities).• Thus, by (insert date), all school districts will offer access to safe, free drinking water to students during school hours at the lunch meal periods and locations where meals are served. <p>The United States Department of Agriculture (USDA) Requirements</p> <ul style="list-style-type: none">• The United States Department of Agriculture (USDA) requires that schools participating in the National School Lunch Program (NSLP) make plain (i.e., no flavoring, additives, or carbonation) drinking water available to students at no cost during the lunch meal periods at the locations where meals are served. <p>The School Breakfast Program (SBP) Requirements</p> <ul style="list-style-type: none">• The School Breakfast Program (SBP) require that schools make drinking water available when breakfast is served in the cafeteria. Food served during the afterschool snack service falls under the National School Lunch Program. <p>Local School Wellness Policy (LWP) Requirements</p> <ul style="list-style-type: none">• The LWP should include goals for drinking water. Schools should make safe drinking water accessible to students and staff in multiple locations throughout the school environment including after-school settings (not just in eating areas). <p>The Institute of Medicine and the Centers for Disease Control and Prevention Recommendations</p> <ul style="list-style-type: none">• The Institute of Medicine and the Centers for Disease Control and Prevention recommend that plain drinking water be available throughout the school day at no cost to students, and if other beverages are available or sold during the school day, they should only include plain water (i.e., no flavoring, additives, or carbonation), fat-free or low-fat milk, and 100% fruit juice in specified portions. <p>The American Academy of Pediatrics (AAP) Recommendations</p> <ul style="list-style-type: none">• AAP recommends the following: (a) Children and adolescents should be taught to drink water routinely as an initial beverage of choice as long as daily dietary caloric and other nutrient (e.g., calcium, vitamins) needs are being met; (b) Water is also generally the appropriate first choice for hydration before, during, and after most exercise regimens, and (c) Children should have free access to water, particularly during school hours.		
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State files of Water Access Laws at varying levels:

1. Strong Water Access Laws (2 states: MA and WV)—These are laws that require that schools provide free, clean water to students throughout the day.

State Examples of Strong Safe Water Access Laws:

Massachusetts:

- (a) Policies requiring students to have access to drinking water during the school day, as well as during before-school and after-school activities.
- (b) Additional school nutrition food and beverage standards require that water be made available to all students during the day without charge.

Additional School Nutrition Food and Beverage Standards

- (c) Somerville Public Schools provides free drinking water to their students by placing insulated cambros with cold water in the cafeteria. They provide 7-ounce plastic cups next to the cambro and the students are allowed to take as much water as they want before, during and after school. If the school has working water fountains, cambros are not used.

West Virginia:

- (a) Policies requiring students to have access to drinking water during the school day, as well as during before-school and after-school activities.
- (b) Schools must make available plain, unflavored water throughout the school day at no charge.
- (c) Safe drinking water must be offered with meals for child nutrition programs.
- (d) Cups must be available with any water dispenser for easy student access.
- (e) There is no ounce restriction on plain water offered for sale.

Georgia School Districts of Water Access Policies at varying levels:

1. Strong Water Access Policies (Fayette and Burke Counties)—These are laws that require that schools provide free, safe drinking water be provided to students throughout the day.
2. Weak Water Access Policies (Heard County)—These are policies that do not state that free drinking water will be provided to students throughout the day

School District Examples of Strong Safe Water Access Policies:

Fayette County:

To promote hydration, free, safe, unflavored drinking water will be available without restriction to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available at no charge where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.

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<p><i>School District Examples of Strong Safe Water Access Policies (continued):</i></p> <p>Burke County:</p> <div>Drinking water is available on all school campuses through safe, clean water fountains throughout each school building.</div> <p><i>School District Example of Weak Safe Water Access Policies:</i></p> <p>Heard County:</p> <div>Students will have access to water during meal times.</div>		
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