

**FOR A SCHOOL  
ENVIRONMENT  
PROMOTING  
WATER  
CONSUMPTION**



 **vital** collectif

# 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!*



collectif  
**vital**

More tools are available at [www.thirstyforhealth.ca](http://www.thirstyforhealth.ca)  
For more information, contact us • 514 598-8058 • [soifdesante@gmail.com](mailto:soifdesante@gmail.com)