

Hydrating for health

As part of Riverside School's commitment to improving access to drinking water and promoting healthy hydration habits for their pupils with additional support needs, they explored ways to ensure pupils had regular and accessible opportunities to drink water throughout the school day.

Initially, they hoped to purchase and install a water fountain in the corridor outside classrooms but as this option proved to be financially unfeasible the school carried out consultations and problem-solving discussions and came up with the idea to introduce water dispenser containers within each classroom. The dispensers are filled with fresh water at the beginning of each school day and provide pupils with easy and consistent access to refill their water bottles within their familiar classroom environment.

This approach has helped make hydration more accessible, manageable, and inclusive for pupils with complex additional support needs while also supporting independence and healthy daily routines. Having water readily available within classrooms has encouraged pupils to drink water more regularly throughout the school day and helped reinforce the importance of healthy hydration habits.

The impact of this initiative has included increased pupil awareness surrounding healthy hydration and greater independence when managing personal wellbeing needs. Staff observed pupils independently accessing water throughout the day and developing positive routines surrounding hydration and self-care.

