

SCHOOL TOOLKIT





THIRSTY? CHOOSE WATER!

HI THERE!

Want to promote water in your high school? Here you'll find a range of resources to help you kick-start *Thirsty? Choose Water!* in your school!

Thirsty? Choose Water! is a whole-school approach to promoting water. The resources below have been created for and used by NSW Stage 4 students.

ONLINE PROFESSIONAL DEVELOPMENT

Thirsty? Choose Water! has developed free, NESA Accredited teacher training to support the delivery of Stage 4 PDHPE lessons. It involves three modules and takes around two hours to complete. [Start here](#).

STAGE 4 PDHPE LESSONS

There are two Stage 4 PDHPE lessons with supporting materials available for download. They are aligned with the NSW PDHPE Curriculum and were developed with NSW schools:

- 💧 [PDHPE lesson plans and classroom activities](#)
- 💧 PDHPE lesson PowerPoint slides
 - [Lesson 1](#)
 - [Lesson 2](#)
- 💧 Student activities
 - [Video](#)
 - [Video worksheet](#)
 - [Kahoot game](#) (use Google Chrome)
 - [Water challenge](#)

PROMOTIONAL MATERIAL

[Go to page 3](#) to download promotional materials for high schools to use on social media, in the newsletter and around the school.

- 💧 Newsletter snippets
- 💧 Graphics
- 💧 Posters

SCHOOL ENVIRONMENT

Thirsty? Choose Water! promotes water as the drink of choice at school. This includes the below key strategies, consider how these would apply in your school.

- 💧 Chilled water station installation
 - See [Fundraising Pack](#) for purchase and installation considerations.
- 💧 School policy e.g. water bottles available in class, encourage water only on excursion notes,
- 💧 [NSW Healthy School Canteen Strategy](#)

*"The Thirsty? Choose Water! program was a **great way to remind students of the importance of water** in their diet. The chilled water station we received has been great to promote water intake at our school."* **Kerry, Head Teacher PDHPE, Kariong Mountains High School**



5 STEPS TO MAKE A SPLASH IN YOUR SCHOOL!

1. WHAT'S HAPPENING?

Consider what's happening in your school and how you can support students to choose water!

- What are students drinking at school?
- What do staff drink at school? Role modelling can help students choose water!

2. DOES YOUR SCHOOL HAVE?

- A chilled water station or access to bottle refill stations
- A School Policy that supports students to choose water at school and during events
- A range of communication channels where water can be promoted
- Access to healthy drinks at school. Is your canteen meeting the NSW Healthy School Canteen Strategy? Are there vending machines at school?

3. WHAT NEXT?

List the key actions that would need to occur to start *Thirsty? Choose Water!* in your school e.g.

- Engage P&C to start fundraising
- PDHPE teacher training
- Delegate social media scheduling

4. PROMOTIONAL MATERIALS

Consider how you will use the promotional materials:

	Newsletter snippets	Social media	Posters
Where	School newsletter	Facebook Instagram	Around the school
When	Fortnightly	Weekly	Beginning of term
Who	Admin staff	Admin staff	Students

5. STUDENT INVOLVEMENT

What other student led activities could support the promotion of water?

- Form a 'Water Group'
- Student artwork e.g. murals
- Peer mentoring

If you try something new, we'd love to hear about it! Contact us at cclhd-choosewater@health.nsw.gov.au.

*"Thirsty? Choose Water! has **dramatically improved positive health behaviours in our school community**. The program has not only increased students' daily consumption of water but also developed a sense of environmental responsibility."* **Tracy, Head Teacher Student Services, Henry Kendall High School**



THIRSTY? CHOOSE WATER!

PROMOTIONAL MATERIAL

Click the links to access a range of promotional materials to support your school in promoting water!

NEWSLETTER SNIPPETS

These can be used in your regular school newsletter. [Click here](#) to download.

GRAPHICS

These can be used in your school communications e.g. on your social media, in emails and/or on school display screens. See below for links to graphics. Each graphic is named to reflect the key message they are designed to promote.

- ◆ [Fundraising for a chilled water station](#)
- ◆ [Installing a chilled water station](#)
- ◆ [Bring your water bottle to school](#)
- ◆ [Fill your water bottle](#)
- ◆ [Water contains no sugar or kilojoules](#)
- ◆ [Teaspoons of sugar in a can of soft drink](#)
- ◆ [Benefits of water for students](#)
- ◆ [Remember your water bottle for sport](#)
- ◆ [Download Aqua Sprint](#)
- ◆ [Bring it, refill it](#)
- ◆ [Stay chilled, drink tap water](#)
- ◆ [Refill it – bring your own drink bottle](#)

- ◆ [Reuse it – bring your own drink bottle](#)
- ◆ [Bring it – refill using your own drink bottle](#)
- ◆ [Grab H2O – fresh and free](#)
- ◆ [Take the thinking out of drinking water!](#)
- ◆ [Ditch sugary drinks](#)
- ◆ [Now at your school – Year 7 student education](#)
- ◆ [Fresh, flowing and free](#)

GIF

The *Thirsty? Choose Water!* character dancing – he will be sure to make a splash on your social media. You could use him to make announcements or to brighten up your page!

- ◆ [Dancing character](#)

You can also download him as a static image [here](#).

POSTERS

These can be displayed around your school. [Click here](#) to download.

