



# THIRSTY? CHOOSE WATER!

Kariong  
Mountains  
High School

CASE STUDY

## Diving in

The school got involved the *Thirsty? Choose Water!* research to promote a healthy lifestyle to its students. Schools taking part in the research received a chilled water station and deputy principal Scott White says giving students access to chilled water is key to helping them choose water over fizzy drinks.

## Making a splash



The school noticed the impact of its chilled water station so much that it entered our competition to win a second chiller – and was one of two winners! Its school captains helped choose where the second station was located and designed and put up signs around the school, encouraging their peers to fill up.



New students are given 'welcome kits' containing water bottles with the Thirsty logo on, while the school has started 'daily check-ins' during which students are reminded to fill them up.



Visitors to its Parklands site will also notice its electronic sign that includes a slide designed by students displaying the Thirsty branding.

## Keeping it flowing

There are plans for a student leadership initiative to discuss with Parklands management the prospect of installing a chilled water station for the site's many weekend visitors to use.

# CHOOSE

*“Having two stations became even more important during the pandemic because water bubblers were not permitted. The bubblers are rarely used now – they’re a thing of the past.”*

- deputy principal Scott White

# WATER

## Soaking it up

The school integrates Thirsty into PDHPE lessons, delivering the message in the classroom, a place where the only drink permitted is – you guessed it – water. Teachers also role-model, having their own reusable drink bottles and filling up at the stations. Sports lessons see students reminded to have water bottles, with teachers again role-modelling by bringing their own.



Central Coast  
Local Health District

[www.choosewater.com.au](http://www.choosewater.com.au)