

# 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 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](mailto: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



## 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.

