

# THIRSTY? CHOOSE WATER!

Central Coast High Schools  
TCW Challenge Information Pack

WIN A CHILLED WATER STATION



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





# THIRSTY? CHOOSE WATER!



## HI THERE!

Want to WIN a chilled water station worth \$4500 by promoting water in your high school?

Did you know that Thirsty? Choose Water! started in Central Coast Local Health District and has now been implemented in 85 secondary schools across NSW. Additionally, Thirsty? Choose Water! and is now being piloted in primary schools in five health districts across NSW.

To celebrate, we are offering two Central Coast high schools a free, fully-installed chilled water station (T&Cs apply).



**Entries are open to all Central Coast high schools**

### Register

Scan the QR code above to register your school.

1

### Schedule

Find a convenient time to participate between **29th April–24th May** (week 1–4, term 2)

2

### Plan

Plan your activities. See page 2 for lots of easy examples!

3

### Participate

Simply engage in one activity per day for five days.

4

### Upload to WIN

Complete evidence form and submit by **5pm Friday 24th May 2024** (week 4)

5

**The winners will be announced on Tuesday 28th May 2024. Good luck!**



## Challenge requirements

Once you have registered, you will receive an email with a copy of the TCW Challenge Welcome Pack, which will contain links to download promotional resources. See page 3 for more on promotional resources available.

Schools who register will receive the evidence form via email on 29th April 2024 (week 1, term 2). This must be completed by 5pm Friday 24th May, 2024 (week 4, term 2).

To fill out the evidence form, simply upload evidence (photo and brief snippet) of your school's engagement in at least one activity per day, for five days.

You must provide evidence of at least one activity in each category:

- Education
- Environment
- Partnerships



## Examples

**This a guide only – get creative and get the students on board!**

The yellow squares are an example of how your school could engage in the challenge.

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Education</b> Curriculum learning Teaching PD	Education activity in the classroom  How would you teach students about hydration and the benefits of drinking water?	Design a poster or social <u>tile</u>  Design a healthy canteen promotion, including water as the drink of <u>choice</u>	Education activity in the classroom  How could you incorporate physical activity and/or experimenting with tasting water in your lesson?	Education activity in the classroom  How would you teach students to choose water as a drink of choice and avoid sugar sweetened drinks?	Students analyse the school's canteen menu against the NSW Healthy School Canteen Strategy and suggest improvements for the school canteen
<b>Environment</b> Physical Culture Policies Procedures	Display posters around school, e.g. back of toilet – hydration charts	Give your current chilled water station a facelift – create some artwork or educational messages promoting water	Hand out free chilled water bottles at recess (collect empty bottle and recycle)	Update Excursion Policy – where lunch is provided – only water is supplied (no sugar sweetened drinks)	School canteen implementation of healthy canteen promotion design by students
<b>Partnerships</b> Students Families Staff Professionals Agencies Community	Social media tiles posted on Facebook to parents and wider <u>community</u>	Guest speaker/athlete presenting to 11/12 PDHPE, PASS or TSP on hydration and sports performance	Guest Health Promotion Officer – visit to the <u>school</u>	Discount code for school students and parents to purchase an insulated water bottle from a local company or pre-purchase and sell in the canteen	Newsletter 'snippet' outlining the benefits of drinking <u>water</u>

Go to [www.choosewater.com.au](http://www.choosewater.com.au) for more ideas.



## Promotional material

Below are some examples of resources to help you kick-start the 2024 Thirsty? Choose Water! Challenge in your school.

These can be found on the [choosewater.com.au](http://choosewater.com.au) website and will also be sent to you via electronic version of the TCW Challenge Welcome Pack when you have registered your school.



### NEWSLETTER SNIPPETS

**THIRSTY? CHOOSE WATER!**  
choosewater.com.au

**Can't get your child to drink water?**

- Don't buy soft drinks, cordials, etc
- Provide water in a refillable drink bottle
- Keep a jug of water in the fridge
- Have water on the table at mealtimes
- Drink water yourself
- Remind them that soft drinks are for special times, not everyday

with meals    refill!

special occasions    in the fridge

**THIRSTY? CHOOSE WATER!**  
choosewater.com.au

**Healthy drinks at home**

Water and reduced fat milk are the best drinks

- To avoid any arguments about what your children should drink, don't buy sugary drinks such as soft drink or energy drinks.
- If they aren't there it is much easier to say no!
- Keep these drinks for special occasions NOT for everyday.

water    milk

### POSTERS

**Benefits of DRINKING WATER**

• Help control weight and reduce obesity risk

• Drinking water may improve concentration

• Water keeps our skin healthy and glowing

• Water keeps our body cool

• Water keeps our joints and cartilage healthy

• Drinking water maintains the balance of body fluids

**THIRSTY? CHOOSE WATER!**

### GRAPHICS

**Benefits of DRINKING WATER**

• Water is vital for energy production

• Water keeps your skin healthy and glowing

• Water keeps your body cool

• Water keeps your joints and cartilage healthy

• Water keeps your brain healthy

• Water helps you control your weight

• Water helps you maintain the balance of body fluids

**THIRSTY? CHOOSE ME!**

Water is an ideal way to quench your thirst. It contains no sugar or kilojoules.

**NSW GOVERNMENT**

**PEE CHART**

What colour is your pee?

Dehydrated    Hydrated

Are you drinking enough water?

**THIRSTY? CHOOSE WATER!**  
choosewater.com.au

Questions?  
Contact **Chelsea Drew**  
Health Promotion Officer Secondary  
Schools and Young People  
(02) 4320 9716  
[chelsea.drew@health.nsw.gov.au](mailto:chelsea.drew@health.nsw.gov.au)



# THIRSTY? CHOOSE WATER!

## FACTS about Thirsty? Choose Water!

- Thirsty? Choose Water! is a program for secondary schools promoting water as the drink of choice for adolescents.
- The good news is water is already the drink of choice for many adolescents! However, nearly half (45.4%) of children aged 5–15 regularly drink sugar sweetened drinks.
- Sugary drinks such as soft drinks, energy drinks, fruit drinks, sports drinks and cordial offer little nutritional benefit, are high in sugar and can lead to adverse health effects and tooth decay.
- The Thirsty? Choose Water! research has shown that a combination of factors help increase water consumption amongst students. This includes a **whole-of-school approach**:
  - **Chilled water stations at school**
  - **Educational resources to support healthy drinking messages in the curriculum**
  - **Promotional messages around the school**

## Terms and condition of entry

Entries are open to all Central Coast high schools. Priority will be given to schools that have less than one chilled water station per 300 students.

Entries are to be submitted by secondary school teachers, in consultation with their PDHPE or welfare department and require endorsement from the school principal.

Entries are limited to one per school.

Entrants agree to:

- Complete all aspects of the challenge to be eligible to win
- Consent for application contents to be used for future promotional material, health promotion publications and printed materials and on the health promotion ([www.healthpromotion.com.au](http://www.healthpromotion.com.au)) and Thirsty? Choose Water! ([www.choosewater.com.au](http://www.choosewater.com.au)) websites, with acknowledgement
- Consent to receive regular Thirsty? Choose Water! and Healthy High Schools Network e-updates via email

Competition winners agree to:

- Consent for publicity of competition winners including, but not limited to, local media, social media, health promotion publications and printed materials, and on the health promotion ([www.healthpromotion.com.au](http://www.healthpromotion.com.au)) and Thirsty? Choose Water! ([www.choosewater.com.au](http://www.choosewater.com.au)) websites
- Complete a case study interview (by week 3, term 3 or earlier)

It is requested that no identifying images and/or details of specific students are included in the evidence form.

The decision made by the judges will be final.

The chilled water installation is based on easy access to water, power and drainage. The winning school will be responsible for any additional installation costs.

**Please note:** if you are a **non-government school**, you will be required to pay for the full cost of installation (estimated cost approx. \$2000).

The chilled water station will be installed as soon as practical after the delivery, and **before Friday 19 July 2024**, for warranty purposes. The winning school will be responsible for ongoing care and maintenance of the chilled water station.