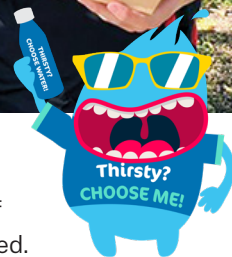


THIRSTY? CHOOSE WATER!

CASE STUDY

Narara Valley High School



CHOOSE WATER



"Our students have really embraced the new water chiller. It is conveniently located for them and gets plenty of use. It's great to see them drinking more water."

Principal Andrew Skehan



[Click here](#)

to loan **Warren the Water Drop** and other free resources.

Keeping it flowing

The school continues to display posters promoting the benefits of drinking water and choosing water over sugary drinks. Additionally, the 'pee chart' allows students to reflect on their water consumption during the day. Investigations into fixing the school's broken water chiller are underway and they hope to be able to have two working chillers soon.



Diving in

Narara Valley High School signed up for the 2024 Thirsty? Choose Water! Challenge after recognising the need for students to have access to cold, fresh water to drink throughout the day. PDHPE teachers highlighted that the school's bubblers and bathroom taps were not easy for students to use to fill their water bottles. By joining the challenge, the school took part in several activities and, thanks to their efforts, they won themselves a new chilled water station. Since its installation, more students are filling their reusable bottles during breaks, sports, and other activities.



Soaking it up

Warren the Water Drop helped PE staff educate students about staying hydrated. Warren's engaging talk and presentation encouraged students to consider their hydration choices and the benefits of drinking water. During recess, Warren toured the school, took photos with students, and continued promoting water. Posters around the school, sparked informal conversations about choosing water.

Jackie Morrison, Head Teacher of PE, Sydney North Coach, and NSW representative player, spoke to Targeted Sports Program athletes about water's importance for sports performance. Her talk was supported by a Q&A video featuring George Wells, a former student and youth Commonwealth champion.

The school canteen joined the initiative with a sellout healthy food and drink promotion. The first 40 students to order received a cob loaf full of winter vegetables and a free insulated, reusable "Thirsty? Choose Water!" bottle filled with water. Students were thrilled with their bottles and enjoyed fresh, cold water.

Social media platforms informed the wider school community about the initiative, promoting the benefits of drinking water and providing strategies for parents and carers to encourage water consumption at home.

Making a splash

The installation of the chilled water station is accessible to all students at break times, and they are regularly reminded at morning roll call to stay hydrated. Conveniently located outside of the PE changerooms, teachers continue to remind students to fill up their water bottles at the beginning of all practical lessons.

More students are bringing reusable bottles and filling them at the water station. Teacher Jess Moody says giving them access to chilled water has certainly helped them to choose water over sugary drinks. In just a few weeks after installation, they saved 1,405 single-use bottles from going to the landfill –and this was during the winter months!

www.choosewater.com.au



Central Coast
Local Health District