

THIRSTY? CHOOSE WATER!

CASE STUDY

Tuggerah Lakes Secondary College

CHOOSE

"I would strongly encourage other schools to participate in the Thirsty? Choose Water! Challenge. The program offers a wide variety of resources and activities which seamlessly integrate with various subjects, making it an enriching learning experience for both students and teachers"

Donna Livingston, Support Unit teacher

WATER

Keeping it flowing

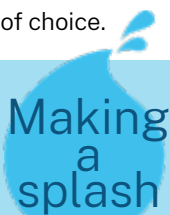
The school continues to display posters promoting the benefits of drinking water over sugary drinks. The students are encouraged to drink water anytime and can keep their water bottles on their desk where safe.

First Nations students, in collaboration with Clontarf Academy, are designing and creating indigenous artwork for the newly installed water station. We hope that their involvement and co-design will encourage all students to continue using the water station.



Diving in

The Support Unit staff at Tuggerah Lakes Secondary College, Tumby Umbi campus, signed up for the 2024 Thirsty? Choose Water! Challenge after recognising the need for their students to have easy access to a fresh, cool water supply. Teacher Donna Livingston admitted fundraising efforts for a water station were slow and challenging. By participating in the challenge, the school engaged in numerous activities that educated students and their caregivers, as well as staff about the benefits of drinking water and prioritising it as their drink of choice.



The installation of the water station – received as a result of winning the Thirsty? Choose Water! Challenge – has significantly increased water intake among students with additional needs and mainstream students, who often fill their bottles or drink before and after classes nearby. Teacher Donna Livingston says, “students are proudly showing their efforts in drinking water, coming up to me to display their water bottles and proudly sharing how much water they had consumed.” Positioned conveniently, it also serves as a valuable resource for staff, allowing easy access to fresh, cold water.

The college sports coordinator continues to emphasise hydration at all college sporting events. Water is always encouraged over sports drinks with the use of the newly designed and purchased drink bottles inspired by the school’s participation in the Thirsty? Choose Water! Challenge.

www.choosewater.com.au

Soaking it up

Using the Thirsty? Choose Water! program resources, including the website, hydration challenge, and hands-on lesson plans, students in the support unit were educated on the benefits of drinking water and the health risks associated with consuming sugary beverages.

The students played a key role in promoting the program’s messages. They created posters for the school’s water stations and bubblers, and shared social media and newsletter posts about the benefits of drinking water over a 5-week period. Additionally, during the whole-school athletics carnival, they managed ‘event water stations’ to help students refill their water bottles and stay hydrated.

The students really cooked up some excitement, creating their own healthy food and drink promotion flyers. The school canteen joined in, selecting a winning flyer and preparing to sell the winning meal deal, which included a bottle of water. For the first 40 meals sold, a free insulated, reusable Thirsty? Choose Water! bottle was given away. Both students and staff enthusiastically supported the challenge, promoting the meal deal and encouraging the whole school to participate.



Central Coast
Local Health District