



## GET IN QUICK!

Improve student health and wellbeing!

See the benefits for teaching and learning!

# Become a Water & Milk Only School

Contact your WAVE Facilitator to sign up:

- ◆ All-staff 30mins information/ workshop to suit your school.
- ◆ **Includes:** sugary drinks and brain development, incorporating water and milk only through your curriculum programme, developing and communicating your policy, and more!
- ◆ We will come to you!



*“With encouragement from our student WAVE Team, our school has easily adapted to a Water and Milk only school from the beginning of this year. Great to see those water bottles” - WAVE Teacher Facilitator. Twizel Area School*

*“We encourage all schools to become water only. Schools that have moved to being water only have seen that it benefits teaching and learning as well as student health and wellbeing”- Ministry of Education<sup>1</sup>*

<sup>1</sup><https://education.govt.nz/framework/main.php/student-support/student-wellbeing/health-and-wellbeing-programmes/why-promote-healthy-lifestyles?url=/school/student-support/student-wellbeing/health-and-wellbeing-programmes/why-promote-healthy-lifestyles/>

