



## REV YOUR BEV COMPREHENSIVE STANDARD CHECKLIST

The Virginia Foundation for Healthy Youth has set forth comprehensive standards for how schools and school divisions can provide drinking water access and promote water consumption among students and staff. Below is a checklist that outlines best practices for schools interested in supporting water access and promoting water consumption.

### BEST PRACTICES FOR PROMOTING HEALTHY HYDRATION

School division leadership and administrators:

- Recognizes water as an essential nutrient.
- Encourages staff, teachers, and administrators to model healthy behavior.
- States that the school division will provide all students, teachers, and staff with easy access to clean, safe, and good-tasting drinking water free of charge.\*\*\*
- Requires that free water will be available throughout the school day, after-school, and during physical activity including:
  - Where meals are served, high traffic and common areas, gyms, outdoor physical activity spaces, and faculty lounges and;
  - Making water sources, containers, and cups available if water fountains are not present.\*\*\*
- Maintains water sources and containers regularly to ensure there is no obstruction or debris.
- Allows students to bring water bottles, filled with water, to use.
- Specifies a communication plan to inform the school community of the wellness policy.
- Appoints key personnel to oversee and support such policy in all schools in the division.
- Requires signs promoting water consumption be placed in strategic locations.\*\*\*

\*\*\*Indicates free resources that Virginia Foundation for Healthy Youth can provide to schools at no cost to support their efforts to promote water access and consumption.