



# WATERSCHOOL

## Guidelines and Didactic Concept

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These guidelines give instructions for the use of the online-portal **Waterschool** ([www.waterschools.eu](http://www.waterschools.eu)).

(PDF for download and print)

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# 1. Waterschool

Water is vital. If there is no water, there is no life.

Water makes up 60 to 70 percent of our body weight and is essential for almost every function in the body. Water is part of all cells, we need water as a solvent, for nutrient transport, to regulate the acid-base balance, to regulate body temperature or eliminate harmful substances.

Ample water consumption is absolutely necessary for maintaining optimal health and brain function. People usually meet their fluid needs by drinking when thirsty. But especially in schools, there is always a lot going on. That's why pupils often forget to drink, even when they feel thirsty. This is where the **Erasmus+ project "Waterschool"** comes in: Pupils should be encouraged to drink enough healthy tap water in their everyday life at school.

## What is a Waterschool?

The importance of drinking water in schools is well known by teachers. Waterschools will encourage and allow water drinking during lessons. Schools will also implement drinking rituals, whilst also promoting water drinking in the wider school environment.

### Waterschool means:

- pupils drink tap water at school (during the morning, at lunch and in the afternoon)
- there is access to fresh tap water in schools. Students are provided with bottles, glasses or cups.
- no sweetened drinks are sold at school nor brought from home
- teachers drink water in the classroom (to be a role model).
- pupils are instructed to drink enough (drinking rituals, reminder)

Daily training is important in change drinking behaviour.



Credit:  
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## How to implement Waterschool?

The following 4 easy steps support to become a Waterschool.

### Step 1: Come to the decision: "We will be a waterschool."

Teachers, headmaster, parents, school medicine, carrier... Whoever wants to introduce a better, healthier drinking culture at school needs allies.

- Strike up a conversation with the school management, the colleagues, the parents' representative about the topic. Prepare convincing arguments (see [www.waterschools.eu](http://www.waterschools.eu))
- Inform and motivate of colleagues during a conference or school forum.
- Deciding to become a "water school" in the educational conference or school forum and setting the date of implementation (ideally from the beginning of the school year or semester)

### Step 2: Preparatory work

The implementation of the Waterschool needs a few preliminary considerations.

- Ensure availability of water in all classrooms.
- If necessary, contact the water supplier or school carrier to ensure water quality.
- Organize drinking facilities (bottles, cups) for the pupils.

#### A few questions often arise in advance with more detailed planning.

##### *May only water be drunk?*

Yes, but school parties and celebrations of course are excluded. Herbal infusions, water aromatized with lemon slices or herbs are perfect drinks as well

##### *What about children that are not used to drink water?*

School classes are social structures. The experience shows that even children who only drink juice at home will quickly get used to drinking water in school.

##### *Should dairy products be allowed in Waterschools?*

The school milk is not a contradiction to the waterschool, because milk and dairy products are rich in calories and protein that they do not count as a drink but as a snack. Pay attention on the sugar content!

Answers to other frequently asked questions are on the platform:

[www.waterschools.eu/frequently-asked-questions](http://www.waterschools.eu/frequently-asked-questions)



Credit: gutessen consulting/Daniela Nickmann

### Step 3: Implementation – Action Plan

The availability of drinking water alone is not enough. Many students just forget about drinking. To drink enough, they need to be actively reminded. Helping activities can be:

- Launch drinking rituals in schools
- Use nudging to remind pupils to drink water
- Inform and integrate parents
- Treat the topic during the lesson
- Hold a Waterschool action day

Find further ideas to **encourage water drinking at school** on these platforms: [www.waterschools.eu/easy-steps-to-encourage-water-drinking](http://www.waterschools.eu/easy-steps-to-encourage-water-drinking)

A wide range of **educational resp. didactic material** for the daily educational work in pre-school-settings as well as in primary and secondary schools are on the platform: [www.waterschools.eu/water-and-health-resources](http://www.waterschools.eu/water-and-health-resources) (materials to address drinking water and promoting health as well as water as an engine of performance for the body) and [www.waterschools.eu/water-and-the-environment-resources](http://www.waterschools.eu/water-and-the-environment-resources) (material to address drinking water quality, protection and waste reduction)

Find **inspiring practice examples** on platform: [www.waterschools.eu/good-examples](http://www.waterschools.eu/good-examples)

### Step 4: Quality assurance

Schools that once decided to become a waterschool, usually continue forever. However, schools are also undergoing constant change: new teachers, a change of leadership, new projects that demand attention.

Every now and then, for example in the context of conference, check whether healthy drinking behavior is being practiced at your school.

#### Quick Waterschool Check:

- ✓ Pupils only drink tap water in our school.
- ✓ Every student has a high-quality drink bottle/cup.
- ✓ Drinking breaks are made during the morning.
- ✓ Pupils are reminded to drink water.
- ✓ Teachers also drink water in class (role model).
- ✓ The water school is anchored (for example in the school profile or mission statement).
- ✓ (New) parents are being informed that the school is a waterschool.
- ✓ Water is offered for lunch.
- ✓ Drinking water is encouraged during meals (for example, by setting water jugs).



## 2. Why is Water Drinking a Topic for Schools?

### Why Drinking Water in Schools? Facts & Figures

#### Water and health

- More than 20 percent of children and young people in the EU are either overweight or obese. These rates have increased significantly over the past decades.
  - The consumption of sugar sweetened drinks is often associated with obesity in children. Almost 40 percent of the sugar consumed by young children, comes drinking sugar sweetened drinks.
  - Promotion and provision of drinking water in schools has shown to prevent overweight.
  - In Europe, 20 to 90 percent of 6-year-old children have dental fillings and at the age of 12, an average of 0.5–3.5 permanent teeth are affected by caries, as a result of dental decay.
  - The consumption of sugary drinks can lead to dental decay and the resulting fillings. This can be avoided by encouraging the consumption of drinks without sugar.
- **Drinking water in schools is key to preventing obesity and fillings.**

#### Water and school performance

- Nearly half of school children do not meet their minimum hydration requirements.
  - Even mild dehydration can cause cognitive impairment, tiredness and headaches; all of which impact negatively upon academic attainment.
  - Proper hydration is an important prerequisite for concentration and performance in school.
- **Drinking water promotes efficiency.**

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#### Water and the environment

- The promoting the protection and sustainable utilisation of the water resources is an important goal for this project.
  - Every minute, a million plastic bottles are bought around the world and this number will jump another 20 percent by 2021.
  - Plastic bottles are one of the most commonly discarded plastic items found on European beaches.
  - Schools that are free of single use plastic bottles, play an important role in helping to implement the EU Plastics Strategy.
- **Effective education raises awareness of the importance of water and environmental protection.**
- **Drinking tap water reduces bottled waste**

#### Little effort - big impact!

To promote drinking water at school contributes to a schools' development as health aware and health and sustainable promoting school.

## Waterschool & European strategies

### EU Action Plan on Childhood Obesity

The European Commission reacted to the challenge of overweight and obesity by adopting the EU Action Plan on Childhood Obesity 2014-2020. Goal is to contribute to halting the rise in overweight and obesity in children and young people by 2020. The action plan focuses on children, because “by learning and adopting healthy habits when young, the chance that such habits will be sustained into adulthood is greatly increased”.

The action plan encourages schools and pre-schools “to **limit access to ... less healthy food options**” and to **create “environments in which health and wellbeing are promoted** and the healthy option becomes the easy option”. And it is mentioned that schools need to provide children and young people with **access to free drinking water** as an alternative to sugar-sweetened beverages.

Source:

EU Action Plan on Childhood Obesity 2014-2020,

[https://ec.europa.eu/health/sites/health/files/nutrition\\_physical\\_activity/docs/childhoodobesity\\_actionplan\\_2014\\_2020\\_en.pdf](https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf)

(access: 28.1.2019)

### EU Drinking Water Directive

The goal of the EU Drinking Water Directive is to ensure safe and clean water for human use inside of all EU member states. An important reason for creating the Water Directive is that water resources are becoming endangered by pollution.

The **mission of Waterschools is to use water in a sustainable way**. Therefore children, as future decision makers, should be aware that water and its sources must be protected and taken care of. Clean water means clean environment and healthy living organisms.

#### Important highlights from the Drinking Water Directive:

- Essential and preventive health-related quality parameters in water intended for human consumption are necessary if minimum environmental-quality goals are to be achieved. In connection with other Community measures, these are to be defined so that the **sustainable use of water intended for human consumption may be safeguarded and promoted**.
- The **Directive laid down the essential quality standards at EU level**. A total of 48 microbiological, chemical and indicator parameters must be monitored and tested regularly.
- Drinking Water Directive **sets the minimum standards for drinking water**. Member States can include additional requirements or set higher standards, but never lower standards!
- **Member States may, for a limited time depart from chemical quality standards specified** in the Directive. This process is called "derogation". It is allowed, if it doesn't represent a potential danger to human health and in the case, that water for human consumption cannot be maintained by any other reasonable means.
- The Directive also requires **providing regular information to consumers**. In addition, drinking **water quality has to be reported to the European Commission every three years**.

The updated EU-Drinking Water Directive (2018) will improve the quality of drinking water, the access to it as well as provide better information to citizens. This will be contributing to the environmental goals of reducing unnecessary plastic use and limiting the EU's carbon footprint, as well as to the achievement of the Sustainable Development Goals.

Sources:

COUNCIL DIRECTIVE 98/83/EC of 3 November 1998 on the quality of water intended for human consumption, [http://ec.europa.eu/environment/water/water-drink/legislation\\_en.html](http://ec.europa.eu/environment/water/water-drink/legislation_en.html)  
[http://ec.europa.eu/environment/water/water-drink/review\\_en.html](http://ec.europa.eu/environment/water/water-drink/review_en.html)

## Sustainable Development Goals

The 2030 Agenda for Sustainable Development, adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the **17 Sustainable Development Goals (SDGs)**, which are an urgent call for action by all countries - **developed and developing** - in a global partnership. They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth – all while tackling climate change and working to preserve our oceans and forests.



The **project Waterschool** contributed to several of these 17 SDGs:

- **Goal 3: Good Health and Well-Being** - Ensuring healthy lives and promoting the well-being at all ages is essential to sustainable development. This concerns not only people of the South but also children in Europe and the absolute need for healthier food and drinking, promoted by Waterschools.
- **Goal 11: Sustainable Cities and Communities** - With the number of people living within cities projected to rise to 5 billion people by 2030, it's important that efficient urban planning and management practices are in place to deal with the challenges brought by urbanization. Quality of drinking water and reduce of waste are essential issues, focused by the Waterschool project.
- **Goal 12: Responsible consumption and production** - Sustainable consumption and production is about promoting resource and energy efficiency, sustainable infrastructure, and providing access to basic services, green and decent jobs and a better quality of life for all. A central sub-goal is the availability and use of fresh drinking water, also for children in Europe – a main intention of Waterschool project.

More information: <https://www.un.org/sustainabledevelopment/sustainable-development-goals>

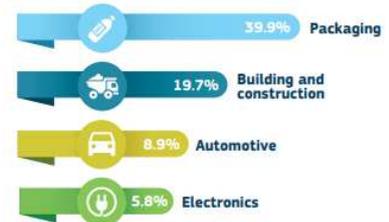
## EU Plastic Strategy

The *European Strategy for Plastics in a Circular Economy* was adopted on January 16, 2018. The Commission says that “The Strategy is part of Europe's transition towards a circular economy, and will also contribute to reaching the Sustainable Development Goals, the global climate commitments and the EU's industrial policy objectives”. Generally, the strategy addresses the answer of three main questions: how to reduce the use of fossil fuels for the production of plastics; how to increase the recycling rate of plastics; and how to minimize plastic pollution, especially in the seas and oceans. Although it is an internal EU document, the strategy has a great impact on more responsible approaches of individual countries, global political processes and transformation to sustainable supply chains.

**Water School project directly supports the strategy** by encouraging initiatives for reducing plastic bottles use and developing teaching materials to educate children how to protect the environment from plastic pollution. The society, the research community, business, local authorities and each of us play a key role in making a difference and turning challenges into opportunities to live in a cleaner, safer environment.

### EUROPEAN PLASTICS DEMAND IN 2015

**49 million tonnes**



EU-28, Norway and Switzerland – Source: Plastics Europe (2016)

#### Sources:

European Commission, EU Plastics strategy: [https://ec.europa.eu/commission/news/eu-plastics-strategy-2018-nov-20\\_en](https://ec.europa.eu/commission/news/eu-plastics-strategy-2018-nov-20_en)  
 A European strategy for plastics in a circular economy, <http://ec.europa.eu/environment/circular-economy/pdf/plastics-strategy-brochure.pdf>



Credit: gutessen consulting/Lilia Dodova

### 3. Waterschool – the Project

It is widely recognised that, within the learning environment, good hydration assists attentiveness, which in turn raises the capacity for learning. Despite this, large numbers of school children do not meet their minimum hydration requirements. Mild dehydration can lead to cognitive impairment and headaches and this can have a negative impact upon a child’s capacity for learning. Introducing the topic of water drinking into school education can assist with learning, while also supporting the delivery of subjects such as health promotion, environmental education and social inclusion.

#### Key benefits of Waterschools

		
<p><b>1</b></p> <p><b>Water and health</b></p> <p>Water is vital. Water makes up 60 to 70 percent of our weight and is essential for almost every function in our body. Opting for water rather than sweetened drinks hydrates without sugar or calories. There is still a worrying trend in overweight and obesity rates in European children and youth.</p> <p>Drinking water in schools is key to preventing obesity and fillings.</p>	<p><b>2</b></p> <p><b>Water and school performance</b></p> <p>Our brain is strongly influenced by hydration status. Losing as little as 1 to 3 percent of body’s water content can cause cognitive impairment, loss of concentration, tiredness and headaches. Staying hydrated is important for feeling energized and for proper brain performance.</p> <p>Waterschools promote adequate water-drinking.</p>	<p><b>3</b></p> <p><b>Water and the environment</b></p> <p>Plastic waste from bottles has become a massive threat to our environment. Most European regions enjoy good access to high quality drinking water.</p> <p>Drinking tap water in Waterschool reduces waste of single use plastic bottles and raises awareness for water-quality.</p>

### Project resources

Through the use of digital technologies, this project aims to create a range of innovative, open educational resources that support educators in communicating messages relating to the importance of drinking water.

The Waterschool project will be developing and promoting innovative approaches to learning, including e-learning resources and multimedia case studies to support educators in working with pupils to develop short social media films of their Waterschool activities. These will be available through the project’s **interactive online platform** with a broad spectrum of **online educational resources** (OERs) available to access.

The website will include **guidelines**, as well as **a modular e-learning guide course** for “Become a waterschool” for teachers and other educators. We will be updating and developing the project website’s digital learning materials over the period of the project and enabling access to these materials throughout the EU as Open Educational Resources.

## Didactic concept

The core of the didactic concept of the portal and the e-learning is the training of competences using a student-based salutogenetically oriented didactic approach. Therefore the web-based training material and learning environments not only relate to the transfer of knowledge and skills but also to a change in behavior in the learners. The experience-driven and biographical-based processing of the contents enables learners an understanding of the complex interconnections in order to be able to develop fresh practical approaches for the daily work in schools.

The following principles are implemented in order to maximize the quality of transfer:

- Professional training that is based on practical considerations (hints, easy steps..)
- Theory and practice in a balanced combination - oriented to action and justification (good practice..)
- Skills-based and transparent formulations of learning outcomes
- Didactic curriculum design and appropriate modularization
- Mix of methods implemented in the e-learning course
- Consistent design of individualized learning options

## Platform with OER



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Home **Waterschools** ▾ Become a Waterschool ▾ Resources ▾ Good examples Project ▾ News

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On the platform, users find the section “**Waterschool**”. Here is basic information about the concept of Waterschools (**4 easy steps to become a Waterschool**). On a **Map** European schools are invited to register and share their water-school activities. **Frequently Asked Questions**.



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The **E-learning course** “**Become a Waterschool**” is a compact guide to become a Waterschool. The e-learning course comprises 5 modules and 21 learning units covering the following topics:

- Module 1: Why become a waterschool?
- Module 2: How to become a waterschool
- Module 3: Easy steps to encourage water drinking
- Module 4: Teachers resources: Water and health
- Module 5: Teachers resources: Water and the environment

The modules are quite motivating, snappy and inspiring.

All modules start with the following elements: What is the goal of this module? After finishing this module, I will have learnt (learning out-comes). Each module comprises 3 to 5 units including about 3 to 5 chapters. All units contain the following elements: Introduction into the topic, learning outcome of the unit, chapters with theoretical information supplemented by

methods and checklists for practical action and reflection, tips and best practice-examples from real life and links to further learning tools. At the end of each module, there are 3 to 4 key actions for transfer to practice.

Find the e-learning on platform: [www.waterschools.eu/become-a-waterschool](http://www.waterschools.eu/become-a-waterschool)



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In the Platform-section “**Resources**” on the platform ([www.waterschools.eu/resources](http://www.waterschools.eu/resources)), students/users find a lot of additional materials like articles, activity sheets (pdf), new created videos, youtube-videos, web-links, additional thematically information in order to study the subjects in more detail.



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Home Waterschools ▾ Become a Waterschool ▾ **Resources ▾** **Good examples** Project ▾ News

In the section “**Good examples**” ([www.waterschools.eu/good-examples](http://www.waterschools.eu/good-examples)) inspiring examples from different countries are presented. In the section “**News**” ([www.waterschools.eu/news](http://www.waterschools.eu/news)) students/users find actual information about the topic like references to conferences, referring publications and activities of the project-partner network as well as a link to the projects facebook-account to share ideas.

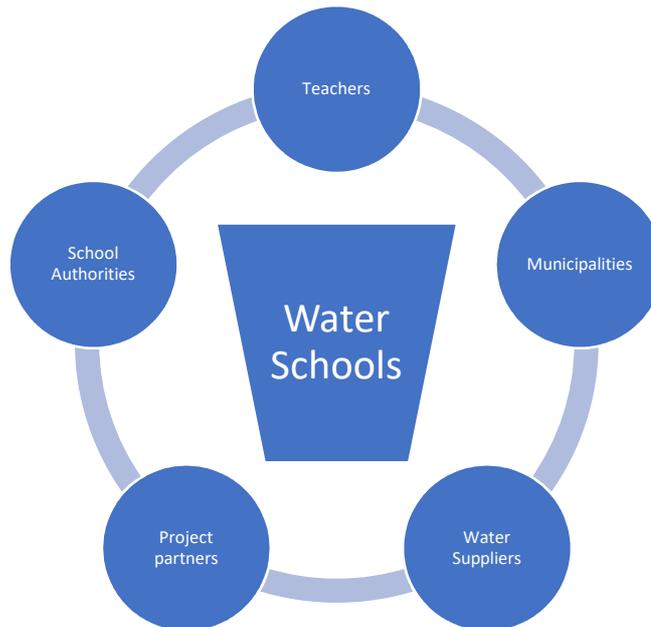
On the platform there is also a section “**Project**”, where details (background, activities, partners) about the Erasmus+ Project are presented.



Credit: gutessen consulting/Lilia Dodova

## Project target groups

The Waterschool project aims to engage and support a number of key stakeholders, with the aims of raising the awareness of school children as to the importance of drinking tap water for health, well-being and the environment. The Waterschool project partners will be working together to create an online e-learning platform which can be accessed by teachers, school authorities, municipalities and water suppliers. The e-learning platform will offer advice, information, guidance and resources to help with the delivery of the project's aims. It will also be a place where stakeholders can learn about educational water projects across Europe and view best practice examples produced in a number of partner countries. In addition to this, the website will offer additional support to specific stakeholders.



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**For teachers**, there will be access to learning resources, as well as offering networking opportunities on a national and international level through the use of social media.

**For school authorities**, the website will offer specific advice on the steps required to establish their schools as waterschools.

**For municipalities**, the website will provide best practice examples that will allow policy makers to start thinking about how plastic waste can be minimised in schools, how health can be improved through drinking tap water and how municipalities can work with water suppliers to improve access to tap water.

**For water suppliers**, there will also be best practice examples that demonstrate the work that other suppliers have done with schools and school children. Advice will also be offered on how suppliers can support water school initiatives, while also taking the messages beyond schools to the wider public.

## Project partners

The partnership consists of eight partners from seven countries – Austria, Bulgaria, Czech Republic, Germany, Italy, Slovenia and the United Kingdom. The partners are institutions with experiences and competences in different areas of health protection, sustainability and education and this partnership will cover a wide area within the European Union.

## 4. Inspiring Examples

### Waterschools Vienna - Drinking Tapwater in Primary Schools - Austria

The importance of drinking water in schools is well known among teachers. Meanwhile most of kindergarten and school pedagogues allow water drinking during their lessons and they try to encourage pupils to drink water in the classroom. Nevertheless, based on our own research, about half of the kids in Austrian schools do not meet their minimum hydration requirements. To meet the requirements, it takes more than the permission to drink, it is necessary to implement drinking rituals and active promotion of water drinking.

In September 2016 the highly successful project “Wasserschule” in Vienna started. Since then **75 percent of all primary schools** with about 50.000 pupils and 3.000 pedagogues **became a “waterschool”**, what means pupils only drink tap water at school. No other drinks are served or sold in schools, parents don’t send any drinks to school. Pedagogues remind the pupils to drink enough. Each child and teacher got a refillable drinking bottle. Schools got posters with “drinking rituals” for each classroom, pedagogic materials and tools for parental work (take home messages..).

All the teachers have been trained to understand the value of drinking water and to help students drink enough.



The project „Waterschool“ was organized and supported by Gutessen Consulting and the Vienna school board and sponsored by Wiener Gesundheitsförderung, Fonds Gesundes Österreich and the water supplier “Wiener Wasser”.

Further information and materials: <http://www.gutessen.at/wasserschule-wien.html>

### Water Agent from Water Agency Association - Slovenia

Water Agency is a non-profit association which recognizes the importance of water in our lives and understands the burning issue of endangering drinking water, locally and further afield. Water Agency, which is active in the wider Danube Region, introduces innovative ways to control water consumption, used in schools for educational purposes. The Agency also has active impact on policy and lawmaking in the field of water resources and water management. Their slogan is “**We are nothing without water**”.

The basic idea of the project **Water Agent** is to establish international cooperation with partners and exchange information about water consumption. The goal of this cooperation is to draw public attention and achieve rational and responsible water consumption. Water Agency first started with monitoring activities on water consumption and then expanded these activities into an educational pilot project in schools. Later they developed an educative toolkit, accessible to all schools. The target population are mostly school children (3rd grade of elementary school); who later become aware that water is not inexhaustible natural resource and is vital for survival of the human race and the entire planet. Early childhood education in the field of environmental protection is the foundation of education for sustainable development.

**Main activities:**

- measuring water consumption with water meter/counter which they fix on the tap. It is possible to measure water consumption in real time or in certain time period. This data can be written into an application, which can calculate their water consumption and present it graphically - one can get really good picture about water consumption and improvement and schools can compare their data and progress.
- water station: Water Agents have a mobile water station with all technical elements of water supply system which they present to children.



So far these countries cooperate in the project: Slovenija, Croatia, Serbia, It's planned to cooperate with West Balkan and also cities on the Danube river: Vienna, Bratislava, Budapest, Belgrade.

More about the project and their activities: <http://www.vodnaagencija.org/vodna-agencija/>

## Water Wins – Slovenia

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Experts from the University Medical Centre Ljubljana, Division of Pediatrics found out that children and adolescents drink too many soft drinks which represents a threat to their health. The pilot project Water Wins is running in four primary schools with the aim to encourage children to drink more water instead of soft drinks. At the same time these activities are carried out: raising awareness of parents about effects of excessive drinking of soft drinks on children, the benefits of water drinking, and encouraging schools to improve school meals.

In the project four groups of data were collected: consumption of soft drinks and consumption of water with questionnaire among children from 6.-9.grade, measuring body weight and height - in Sept. 2012 before the interventions, and again in Jan. 2013 after the interventions. The aim was to find out the efficiency of the project and two interventions: communication intervention (2 schools) and water intervention (2 schools).

The communication intervention includes these activities: raising awareness about benefits of water and harmful effects of soft drinks for children, parents, teachers and headmasters. Used activities are: lectures, posters, brochures, web-pages, Facebook profile, so called "Water Day" for pupils where they learn about the topics through play.

The water intervention is about improving meals: banning soft drinks and with saved money schools buy more fruits and vegetables. Instead of soft drinks children drink tap water, mineral water or unsweetened tea. The project was financed by the Ministry of Health and the University Medical Centre Ljubljana.

More about the project and their activities: <http://vodazmaga.si/o-projektu/>

## Water is Cool in School Campaign – United Kingdom

Following concerns over the poor fluid intake of children at school, the Royal College of Paediatrics and Child Health carried out a questionnaire survey on behalf of the Enuresis Resource and Information Centre (ERIC), of drinking facilities in primary and secondary schools in two local education authorities. The surveys highlighted a variable provision of facilities and access to drinking water. Following this, the national **'Water is Cool in School' campaign** was launched by ERIC.



Its aims were:

- To increase public awareness of the health benefits to children of drinking water regularly throughout the school day
- To improve the quality of provision and access to fresh drinking water in schools
- To obtain a government review of the regulations relating to drinking facilities in schools.

The campaign successfully raised the profile of drinking water in schools. It produced a national information pack for schools outlining why it is important for children to drink water regularly during the school day and best-practice guidelines for facilities and access to water. An information pack for parents, posters, stickers and a tough sports water bottle were also available. Part of the work also involved local health professionals setting up regional campaigns. Most of these campaigns spent their budget on awareness raising initiatives in schools, trying to persuade head teachers through information. Many of the schools contacted by the campaign, set up **water schemes** that included regular drinks of water as a key element of their learning strategies. Through their work, the Water is Cool in School campaign raised awareness of the issues surrounding drinking water and worked hard to improve the quality of provision and access to drinking water in schools.

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## Be Cool, Stay Cool, Drink Tap Water at School – United Kingdom

For several years, **Portsmouth Water** offered every primary, infant and junior school in their area a drinking water bottle for each pupil at a subsidised rate. Portsmouth Water is one of the oldest water companies in the country, having been incorporated in 1857. Their water source is derived from the chalk of the South Downs and is abstracted from wells, boreholes, springs and the River Itchen. The Springs at Havant and Bedhampton are thought to be the largest group of springs used for public supplies in Europe. The 'Be Cool, Stay Cool, Drink Tap Water at School' project was part of their community initiative to promote the health benefits to young children of drinking water, especially as the quality of Portsmouth Water's tap water is so good. The water company wrote to every primary, infant and junior school in the area, offering them the opportunity to purchase drinking water bottles ready for the new school year in September. Bottles could also be ordered by downloading an application form from their website. The responses were overwhelming, with over 470,000 water bottles delivered to local schools.

Sue Allery, Portsmouth Water's HR and Community Officer said "We all know that drinking water is good for a number of reasons such as hydration levels and anything that we can do to support local children to lead a healthier lifestyle can only be a good thing. We have been

overwhelmed with the response and support to our drinking water bottle initiative and are therefore delighted to continue with it at the same subsidised rate of 30p per bottle.”

## Mission "I choose a cup for multiple use" – Bulgaria

The mission “**I choose cup for multiple use**” is a joint project of the Public Environmental Center for Sustainable Development /PECSD/ in Varna and the founder of ZERA - Sabina Maximova. The project is inspired by Greenpeace's campaigns for a **plastic-free future** and focuses on the problem of using disposable water cups in kindergartens. The mission offers kindergartens to replace disposable plastic cups with reusable metal cups with engraved individual pictures for each child. This mission aims to instill new values for the conservation of Earth's resources and care for nature by displacing the culturally-inspired suggestions for the convenience of disposing of disposable plastic drinking glasses in the kindergarten.



It covers three areas: kindergartens, offices and events. Suggestions are related to replacing disposable utensils, installing water purification systems to replace known dispensers, and using reusable products during major events. In addition to measurable results in quantity and volume of reducing inappropriate plastic waste, the campaign "I choose a cup for multiple use" has a huge educational and social effect. Decisions

are not accidentally focused on education, business, and event management. They are significant in their consumption but also in the degree of influence they exert on society. The essence of the mission is to make every director, teacher, parent in a **kindergarten** to say: "I choose the reusable cup" and do it!

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## Wasserschule Ramsharde – Healthy drinking – Germany

When you are moving, you have to drink a lot, and this is especially so for children. But water is also very important for the regulation of body temperature, the transport of oxygen and nutrients in the blood and the removal of metabolites via the urine. Unfortunately, more than 50% of children in Germany drink less than the guidelines recommend. However, a study showed that children like to drink when the drink is attractive and readily available (Do-KIDS in Form, 2008-2011).

Therefore, the teachers of the **award-winning future school Ramsharde** in the framework of the school development day in 2016 decided that the access to water should be made easier for the children of their institution. This resulted in a planning group "**Water for All**", which set the mission statement for the water school. In order to ensure the drinking water quality in the school, the specialist for school health contacted the health department in Flensburg. In addition, a "Water School" project lesson was introduced for each class to explore the importance of water to health. Here, the students should be made aware that it is important to drink regularly and a lot. The parents also received a letter with information on the topic of home and the school's development association donated a tray and a water jar to each class. In addition, the juvenile care of the local health department provided each child with a drinking cup, so that everyone can drink enough tap water during school hours.

More about the school and the project can be found at <https://schuleramsharde.lernnetz.de/index.php/wasserschule.html>

## Viva Servizi – Italy

Viva Servizi is a company that has managed the integrated water service in 43 municipalities in the provinces of Ancona and Macerata and the distribution of methane gas in 15 municipalities, through Edma Reti Gas. It is a company with public capital born from the merger of Gorgovivo and Cisco Acque, two companies present in the province of Ancona for over 30 years that decided to invest in knowledge of the main element of our planet: water. In fact Viva Servizi offers the possibility to teachers and young people to deepen the theme of public water both through the pages of its portal, and the related social networks [didatticaviva.it](http://didatticaviva.it), and with guided tours at the Gorgovivo Springs in Serra S. Quirico. Here, in addition to visiting the spring to discover the water cycle, it is possible to carry out **educational workshops** with themed interactive stations, thanks to the collaboration with the Polytechnic University of Marche and Fosforo: the science festival in Senigallia.

## Gruppo CAP – Italy

The CAP group was founded in 1928 when the Municipalities of Paderno Dugnano, Limbiate, Cusano Milanino and Cormano constitute an institution for the construction of the aqueducts: the Consortium for Drinking Water was born to the Municipalities of the Seveso basin. In 1932 the first company transformation was approved, which gives life to the Consortium for Drinking Water to the Municipalities of the Province of Milan. In the following decades, around 200 Municipalities decided to entrust the construction and management of their aqueducts to the new Authority.

In the 80s, in the face of problems related to environmental pollution due to economic development, CAP created "Fabbriche dell'Acqua", systems for sharing resources through the connection of municipal aqueducts with the construction of power plants capable of serve more Municipalities, and in parallel with Peschiera Borromeo, CAP builds the first sewage treatment plant for waste water. The 2000s mark a period of rapid transformation. From 2013 to today, the CAP Group is the sole operator of the water service in the province of Milan and is involved in various municipalities in the provinces of Monza and Brianza, Pavia, Como and Varese, thus serving 2.5 million citizens.

Over the past three years, CAP has involved over 20,000 students, from nursery schools to high school students, in projects related to water and to the conscious use of water resources. Through digital tools, interactive laboratories, theatrical representations and many other proposals, the **CAP Group** has **promoted the use of tap water in schools**, so much so that today almost **90% of schools in the province of Milan serve tap water in the canteen**.

For more information: <https://www.gruppocap.it/attivita/educazione/scuole/infanzia-elementari-medie>

## WATERSCHOOL - Little effort - big impact!



Credit: gutessen consulting/Daniela Nickmann