



APSE 19 June 2009

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Member of Clinical Advisory Committee for
ERIC (Education & Resources for Improving Childhood Continence)

ERIC: national charity that provides information and support
to children, parents and professionals
on bedwetting, daytime wetting and soiling difficulties

www.eric.org.uk



Continence problems affect about 1 in 12 children & young people between the ages of 5-16 years

“Wetting pants in class - third most awful event after losing a parent and going blind”

Just increasing daily **water intake** and enabling regular **toilet access** at school can often **prevent** and **solve** these problems



Water is Cool in School

ERIC's campaign to improve drinking water in schools launched in 2000

Spearheaded modernisation of drinking water facilities in many schools



But children didn't want to drink adequately because they didn't want to use the school toilets or they couldn't use them when they needed to



“Where do we start with the state of the toilets? They **smell** – all through the school. The locks **don’t lock** properly so you have to try and hold the door shut when you’re on the toilet. The toilets are **dark** and the cubicles are too small. There’s usually **no toilet paper** or even **soap**. There’s **smoke and graffiti** everywhere. There’s **no hot water**. Most of the **sinks are blocked**. There’s **no ventilation**. The toilets are usually **locked** so we can’t use them. Apparently the toilets are cleaned every day, though **you’d never believe it.**”

Pupils from KS3

Aldergrange Community & Technology School, Lancashire, 2005

Bog Standard campaign launched in October 2004



Coalition of organisations



Campaign objectives



- increase awareness of how improved access and provision benefit **all** children and young people
- raise standards in all schools
- ensure acceptable minimum regulations for pupils

Major sponsors

*Armitage
Shanks*

albany 
washroom services



Base line data

Research with CPHVA (represents about half of school nurses)

928 schools, results analysed by Newcastle University, 2003

- 43% smelly
- 84% not cleaned adequately – once daily or less
- 40% no toilet paper or soap
- Over a third of schools restricted access *during breaks*
- 84% sited drinking water facilities in the toilets



Teamed up with Medway Youth Parliament to survey students' experiences of local secondary school toilets, 2004

- 73% unhappy with toilets
- Over half hung on all day
- Over half of schools locked toilets
- 83% said that teachers regularly stopped them from going to the toilet
- 18% stayed at home at times due to toilets
- 1 in 4 had toilet-related health problems



Impact on health

- daytime and night time wetting
- constipation
- soiling problems
- urinary tract infections
- kidney disease
- infectious disease/gastrointestinal infections
- dehydration
- psychological effects: may sow the seeds for phobias
e.g. paruresis (shy bladder syndrome)



Impact on learning

“Unless the basic physiological needs of the body are met, the brain cannot function on higher tasks such as learning.”

*Abraham Maslow, Behavioural Psychologist: in Ewen, RB (1998).
An introduction to theories of personality (5th ed). Mahwah, NJ;
publishers: Lawrence Erlbaum.*

“How are we supposed to concentrate on the lesson if we are bursting for the loo?” Jenny, aged 13

Impact on behaviour

- sour pupil-teacher relations
- graffiti and vandalism
- bullying and smoking
- absenteeism



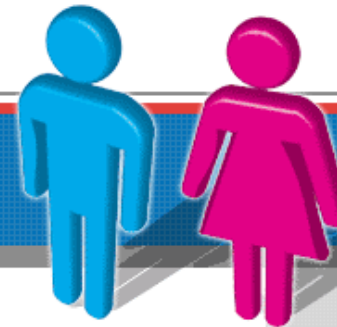
“If you need to go then you need to go and teachers should respect that”

“The toilets are rubbish. The teachers think we’re rubbish”





Promoting better toilets for pupils



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What is Bog Standard?

Bog Standard is a campaign to promote better toilets for pupils.

Our 3 aims are:

1. To increase awareness of the health benefits of better toilets for pupils
2. To encourage schools to improve the condition of pupils' toilets and to allow pupils to use them when they need to
3. To get laws that will make pupils' toilets nicer to use

School toilets affect children's physical and psychological health. Toilets which are unpleasant, or out of bounds, can cause serious, long-term health problems.



Pupils' Site Area

A **pupils' section** with campaign information, amazing toilet facts and games.

Adults' Site Area

An **adults' section** for parents, teachers, school governors, health and education professionals, architects and designers.

If you don't know where to start, visit the **FAQ** or **site map**.

Talking Toilets

Please help me

Our toilets are disgusting! With doors hanging off, no running hot water an...[continue reading](#).

Major Sponsors

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For more information
click on button above



Our key message

Toilets are important. Everybody uses them. Access to decent toilets is a fundamental human right and necessary for good health and well being.

For children and young people to stay healthy, they need to

- drink water regularly throughout the day
- empty their bladder and bowels regularly and fully when they need to

During term time, children and young people spend the bulk of their day at school, so how much they drink and how often they go to the toilet are important.

BOG standard

School Toilet Charter

- 1 Pupils must be allowed to use the toilet whenever they need to.
- 2 There must be enough toilet cubicles for girls and boys.
- 3 Toilet cubicles must be private and have doors that lock.
- 4 Pupils with special needs must have suitable toilets that they can get to and use easily.
- 5 Toilets must be looked after properly and not smell.
- 6 Warm water and soap must be provided, plus towels or hand dryers.
- 7 There must be enough toilet paper in all cubicles.
- 8 Sanitary products and sanitary disposal units must be provided in toilets for girls aged eight and over.
- 9 Toilets must be free from bullies and smokers.
- 10 Schools must have a policy to keep pupils' toilets clean and in good condition.
- 11 Pupils must be involved in managing and improving their toilets.
- 12 All complaints about toilets must be taken seriously.



www.bog-standard.org

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A Campaign to
Improve School Toilets

Hygiene and Cleaning are important



- Organisms can survive on environmental surfaces.
- Viruses, in particular, can be excreted in large numbers in respiratory secretions and stools and their persistence on surfaces for hours and days is common.
- School children are recognised as being at particular risk of contracting and transmitting infection, exacerbated by close proximity and the sharing of facilities.
- Environmental hygiene is thus a vital part of good infection control

V Cleary, Consultant in Health Protection, Health Protection Agency
Advisor on hygiene and infection control for Bog Standard

Good hygiene is particularly important in schools



The potential benefits to schools of providing hygienic toilets and properly furnished handwashing and drying facilities include:

- Fewer school days missed – which can have a knock on effect on parents for childcare arrangements together with education lost for children
- Fewer illness for children especially diarrhoea and vomiting and respiratory illness
- Less visits to GPs, hospitals, and continence clinics
- Potentially less use of antibiotics
- Fewer outbreaks of infectious disease



Cleaning

- Toilets and washrooms should be clean, in good repair, and well-ventilated
- They should be cleaned regularly as part of a documented cleaning rota and policy
- Given the high volume of users in school toilets, most toilets need cleaning at least twice a day - including during peak periods of use
- Toilets should be deep cleaned regularly – three times / year is optimum

Message to schools



High-quality toilets, odour-free with good decor, cleanliness, fixtures, fittings and supplies are all essential to ensure that school facilities are valued. It's important for schools to keep on top of maintenance.

Don't

- be reactive and wait for an outbreak to hit
- wait for parents or pupils to complain
- neglect washroom facilities – this looks like you don't value pupils' health and welfare. Uncared for facilities are a health hazard and a magnet for anti-social behaviour

State of the toilets - a good measure of a school?



"Parents wondering where to send a child to school should have a look at the toilets before deciding. They reflect how a school treats its pupils."

Stuart McLeod, head of Southwell Primary School, Portland peninsula, Dorset

"School toilets were the first place I would visit. If a school can't get the toilets right, it can make you wonder how much they care about their pupils and what else is deficient."

Former Ofsted inspector

"You can tell a school by its toilets: they say an awful lot about a school and tell you about the value the school places on its environment - and they can help improve pupils' behaviour."

Susan Lewis, Chief Inspector for Wales

How can schools maintain standards?



- Make budget allocation a priority for toilet repairs, maintenance and cleaning. If toilets are in a bad state, it is not much of a deterrent to anti-social behaviour
- Once a toilet becomes run down, you get copycat behaviour. People tend to drop less litter in clean places and graffiti is reduced if removed immediately

Encourage ownership and responsibility

- involve the pupils



- Educate pupils; ideally start when they're young. PSHCE lessons and the Social , Emotional Aspects of Learning (SEAL) programme, which encourage behaviour and respect, provide opportunities to focus on behaviour in toilets such as respecting privacy, leaving the toilets clean and tidy, and not hanging around in them
- Introduce a pupils' toilet comments/complaints procedure and deal with the problem promptly
- After peak periods of use, pupils can check the toilets and report any deficiencies
- Make the best-maintained toilets the first to get a refurbishment. Introduce on-going recognition and/or prizes for the best-maintained toilets for younger pupils
- Involve the pupils in planning and refurbishment design
- Provide indoor social and quiet areas

Example resources on www.bog-standard.org



Quick Toilet Check

These toilets are checked regularly. Whilst we make every effort to keep them in a good condition, if you should find them unsatisfactory, please tell the School Office.

DATE	CHECK 1 START OF DAY	CHECK 2 BREAK	CHECK 3 LUNCH	CHECK 4 MID AFTERNOON
Date / Week Beginning				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

www.bog-standard.org



Quick Toilet Check - Form for Reporting Deficiencies

Date: _____ Time: _____

Reported by: _____ Location: _____

WHAT NEEDS DOING	TICK ITEMS NEEDING ATTENTION	COMMENTS	INITIAL WHEN REMEDIED	COMMENTS
Toilets need flushing	<input type="checkbox"/>			
Toilet bowls are dirty	<input type="checkbox"/>			
Toilet seats are wet or dirty	<input type="checkbox"/>			
Toilet paper required	<input type="checkbox"/>			
Washbasins need cleaning	<input type="checkbox"/>			
Liquid soap/bars of soap needed	<input type="checkbox"/>			
Hand towels needed	<input type="checkbox"/>			
Bins need emptying	<input type="checkbox"/>			
Floor needs drying/cleaning	<input type="checkbox"/>			
Sanitary bins need emptying	<input type="checkbox"/>			
Supplies in sanitary vending machine needed	<input type="checkbox"/>			
There is graffiti	<input type="checkbox"/>			
The following are damaged or need attention:				



Monthly Checklist

Location: _____
 Today's date _____ Check by: _____

	Yes	No
Toilet and washrooms are free of peeling paint and flaking plaster		
Toilets flush easily		
Toilets are in good order		
Urinals are in good order		
There are no leaks from toilets, urinals, or pipe work		
Toilet areas are heated sufficiently		
Toilets and washrooms are well lit		
Lights are working properly and clean		
Windows are clean and free of damage		
Fittings and pipes are clean		
Walls, tiles, grouting and ceiling are free of mould and mildew		
Air vents are clean		
There are no leaks from wash basins and pipes		
Hand washing posters are displayed		
Bins, preferably pedal bins with lids or recessed, are available in all washrooms		
Mirrors are supplied and free of damage		
Mechanical ventilation is working properly		
Air fresheners are supplied and working properly		
Each cubicle door has a coat/bag hook on the inside		
If used, smoke detectors are working properly		
Sanitary bins are provided in all girls' cubicles (Year 3 or age 8 and above)		
Sanitary supplies are available for girls to access discreetly in toilets		
Toilets are open throughout the day		
Pupils are allowed to go to the toilet when they need to		
Toilets are cleaned at least twice a day		
Quick daily toilet check system is working properly (3-4 checks per day)		
There is provision for extra cleaning as required		
There is a system for pupils, parents, staff and governors to make comments or complaints about the toilets without negative repercussions		
Pupils are encouraged to report issues e.g. supplies running low, locks are broken, toilets don't flush, floors are wet; and these are dealt with promptly		

What needs doing:	Date remedied	Person responsible



Termly Checklist

Location: _____
 Today's date _____ Check by: _____

Checks should also be carried out when any work is undertaken on pupils' toilets.

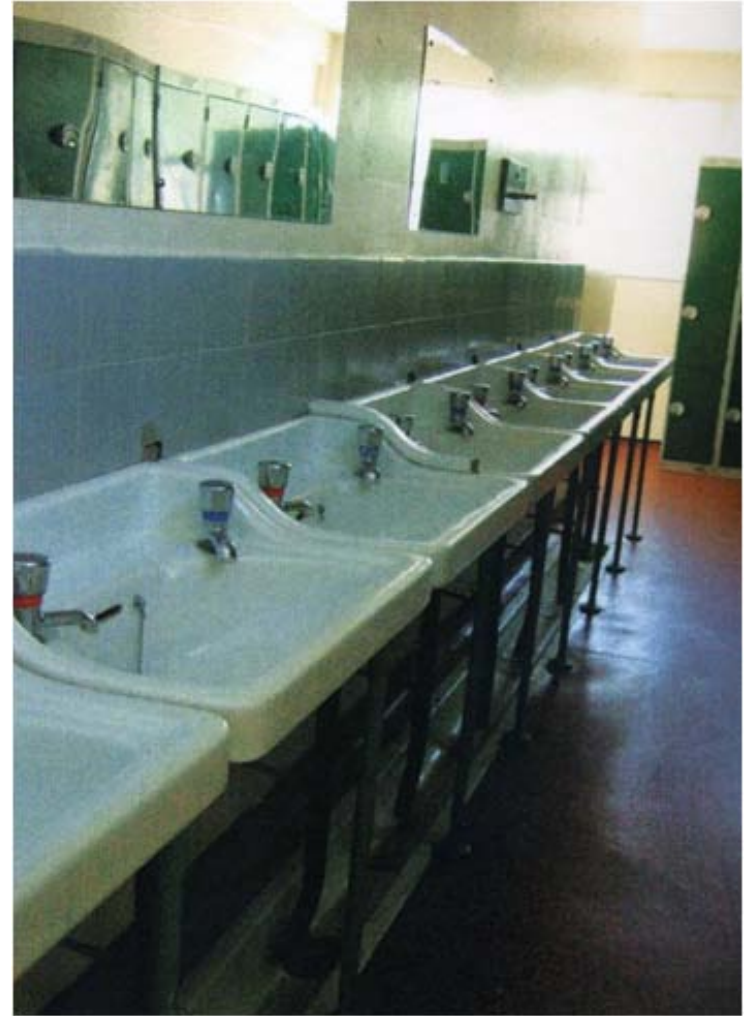
	Yes	No
There is at least one toilet for every 20 pupils (one toilet for every 10 pupils for under-fives and in special schools)		
Toilets are conveniently located throughout the school site		
Toilets are open throughout the day		
Pupils are allowed to go to the toilet when they need to		
Doors & partitions maintain user privacy; ideally reach ceiling height; gap at floor minimised or omitted; no gaps between		
Cubicles and urinals cannot be viewed from the entrance door		
If used, there are at least an equal ratio of cubicles to urinals in boys' toilets		
Urinals are individually partitioned for privacy		
Toilet paper is soft and absorbent		
Locks are simple single action and spares are held by the school		
Effective key system for locks in case of emergencies		
The toilet cubicles provide sufficient aural privacy for users		
Walls and tiles are in good condition, no flaking or cracks, and easy to clean		
Floor is in good condition, slip resistant and easy to clean		
Push-button taps allow enough time to wash hands properly		
If used, liquid soap dispensers are shared between a maximum of two basins		
If used, bars of soap are provided for each basin		
There are sufficient mirrors		

What is the campaign doing?



- Political lobbying
- Influencing government
- School Toilet Award – getting quality toilets into local Healthy Schools Programme; at pilot stage, three levels to award to achieve the School Toilet Charter
- DCSF booklet “Toilets in Schools” 2007 design guide for secondary school toilets
- 2 secondary schools in Essex: DCSF booklet prototype designs installed and monitoring for a year

Before



After





www.bog-standard.org