

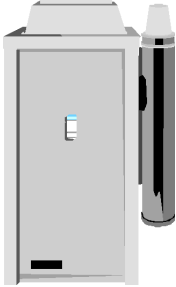
Water comprises around 90% of our brains... more than any other organ of our body. Drinking water before and during class can improve a child's capacity to learn.

Drinking adequate amounts of water on a regular basis throughout the day can protect our health and contribute to our health and well-being. It can help prevent a range of health problems from headaches, bladder, kidney and bowel problems to cancer.

The key to boosting the capacity to learn is to keep hydrated throughout the day. When we are thirsty, mental performances deteriorate by 10%. If students drink adequate amounts of water their ability to concentrate is better because they are not distracted by the effects of dehydration such as thirst, tiredness and irritability. Drinking water during the day actually aids behaviour management by helping settle students in the classroom.



Children achieve more when both their health and learning needs are met. Free access to water and time taken throughout the day to drink will aid in promoting health and providing a healthy learning environment.



SO..... I am asking you to help me provide water for your child. Please send a bottle of water once or twice a week. We will leave it on the child's desk and we will fill it when necessary. Providing fresh bottles will help keep things sanitary.

Thank you for your help with this. We want the best for our children!

If you have any questions, please feel free to call or write a note.