Parents

Your child’s school is committed to providing all the children with a healthy, enjoyable, safe, and productive learning environment. We are pleased to announce that we will be promoting the Be Cool - Drink Water campaign, aimed at increasing the amount of water children drink in school.

We will be providing your child with a free water bottle, donated by Thames Water. This bottle can be kept on your child’s desk during lessons and taken out to the playground and on the sports field, so that your child can have access to water all day. These bottles can be washed out at home every evening and refilled in the morning for school. In hot weather why not put them in the fridge overnight to give your child nice cool water throughout the morning.

We ask you please to ensure that these bottles are only used for water.

We are also reviewing the provision of water in the school. We are looking to increase the number of water dispensers so that your child will be able to refill their bottle with ease.

Thank you for your support with this campaign.
Why do I need to drink?

It is important that you have plenty to drink during the day so that you do not get dehydrated.

**Drinking plenty of fresh pure water can help to:**
- Feel refreshed and more awake
- Have healthier skin
- Avoid headaches
- Have fresher breath
- Do your best at sports
- Stay healthy

How can I tell if I am not drinking enough?

When you are dehydrated, it means that your body does not have enough water. This can make you feel unwell.

**Lack of water (dehydration) can make you:**
- Feel tired
- Have dry skin and eyes
- Have bad breath
- Have headaches
- Not able to do your best at sports
- Have dark, strong smelly urine

Does it matter what I drink?

YES - Many drinks contain sugar which is bad for your teeth. Sugary drinks cause a soft, sticky film to form on your teeth called plaque. Bacteria live in plaque and when you have sweet drinks, they turn the sugar to acid. This acid eats into your teeth and makes them go rotten.

Drinks that contain acid are also harmful to your teeth. The acid can cause your teeth to dissolve, and this will make them painful when you eat hot or cold foods. It also causes ugly marks on your teeth that won’t go away.

Aim to drink 6 - 8 glasses of fresh water every day.

What drinks contain sugar or acid?

- Fizzy drinks (including diet drinks)
- Diluted squashes or cordials
- Fruit juices (including drinks with no added sugar)

Your teeth are most likely to get damaged by these drinks if you have them often in the day. It is best to keep these drinks for meal times. A drink containing vitamin C is good to have with meals as it will help your body to absorb iron.

What should I drink between meals?

Water is the best drink to have between meals.

**Water is very good to drink because:**
- It is totally safe for teeth
- It does not contain any sugar or acid
- It tastes good
- It is easily absorbed by your body

Exercise is thirsty work!

During sport and exercise your body loses water through sweating and as water in the air you breathe out. When you exercise very hard or for over 30 minutes and when the weather is hot you lose even more water.

Unless the fluid is replaced quickly you can become dehydrated. Dehydration has a bad effect on the body’s performance and health. Scientists advise sportsmen and sportswomen to drink plenty of water – before, during and after taking exercise.

If you want to be a winner, why not try drinking more water yourself – maybe you will notice the difference!