



Healthy Eating Interim Newsletter

13th March 2017

Water Focus

Ahead of the Healthy Schools Newsletter at the end of term we thought we would update you regarding our Water focus this term.

We have put various posters up around the school reminding of the importance of drinking enough water. Please check the wall outside the office and the noticeboard in the Link.

Ms Lanham and Mrs Dodd met with the School Council today and asked for their opinion on whether they think they drink enough and how much they thought they should be drinking each day.

Interestingly, they thought they were drinking enough. We then explained HOW much they should be drinking and they all changed their mind! 😊

Did you know?

5 – 8 year olds should be drinking 1 litre per day which is the equivalent of 5 glasses. Generally the size of a standard glass of water is 8 ounces.

An adult woman should be drinking 2 litres per day.
An adult man should be drinking 2.5 litres per day.

Are **you** drinking enough?

The School Council have requested that all children have a copy of the glass chart (attached) to keep track of their drinking until the end of term. Please start them on Wednesday 15th March and return them completed on Thursday 30th March.

TOP TIPS

- 1** Children should aim to hydrate healthily with plain, natural drinks that are unsweetened and free from additives.
- 2** Children should be encouraged to drink fluids in the morning with breakfast, and at regular intervals during the day.
- 3** Research suggests that adequately hydrated children may perform better in school.
- 4** Children should aim to have 6-8 drinks per day which should ideally be water, milk or fruit/vegetable juices.
- 5** Repeated tastings of water may help children to develop a taste for water.
- 6** Giving children water at mealtimes may help children to eat vegetables, as it can help to dilute their strong (and sometimes bitter) taste¹⁸.
- 7** Children taking part in sports or exposed to warm weather need to replenish the lost fluids by drinking more water.
- 8** Parents and other care givers can play a key role in helping to ensure that children are provided with drinks on a regular basis and by actively encouraging their consumption.

