

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

WAY TO GO, H2O!

This month, students are learning the importance of drinking water through a monthly campaign called Way To Go, H2O! Here is a summary of the learning and how you can support your child's health.

What's so great about water?

Your body is comprised of 60% water.²

Water maintains your body's fluid balance and body temperature at a healthy level, and helps you digest food.²

Drinking water regularly throughout the day is the best way to avoid dehydration, and headaches caused by dehydration.²

How much should we be drinking?

4-8 year old children should drink 5 cups of water daily.¹

9-13 year old children should drink 6.5-7 cups of water daily.¹

Adult men should drink 12 cups, and adult women should drink 9 cups of water daily.¹

Strategies to increase water intake

Drink a glass of water when you wake up each morning, and one an hour before bedtime.

Carry a water bottle with you throughout the day.

Drink a cup of water with every meal if you feel thirsty!

Add some fun flavors to water by adding strawberries, lemons, limes, and raspberries. Or try a combo like cucumber with mint, or strawberries with basil.



References

¹<https://www.eatrightontario.ca/en/Articles/Water/Facts-on-Fluids-How-to-stay-hydrated.aspx>

²<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-water-your-drink-of-choice/>