

# A Bite of Health



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

## 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 learnings and how you can support your child's health.

### What's so great about water?

Your body is comprised of 60% water.<sup>2</sup>

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

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

### How much should we be drinking?

4-8 year old children should drink 5 cups of water daily.<sup>1</sup>

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

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

### 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.
- 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

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

<sup>2</sup> <https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Water/Why-is-water-so-important-for-my-body---Know-when-.aspx>



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