

JIES Wellness Newsletter

WATER DRINKING CAMPAIGN

WATER IS
ESSENTIAL!!

It's no secret that tempting and tasty beverages are everywhere. It's easy to forget the importance of water for overall health and a well-balanced diet. Staying hydrated helps kids stay alert and focused, can

keep their bodies at a safe and healthy temperature, and may improve cognitive functioning. Seventy-five percent of your child's body is made up of water. As an adult, it's 70%. And interestingly, our earth is also 70% water.



DAILY WATER INTAKE FOR CHILDREN

Children ages 5-6:

5 (8 oz) glasses of water a day or 40 oz

Ages 9-12:

7 (8oz) glasses of water a day or 56 oz

Ages 13+:

8-10 (8oz) glasses a day or 80 oz

Your children lose water every day through sweat and urine and need to replenish what is lost. And fever, vomiting or diarrhea will also cause your child to lose water. Even if your child doesn't feel thirsty, it doesn't mean his/her body

doesn't need water. Check out the daily water recommendations for children to the left.



Ten Reasons Kids Need to Drink Water

**#1 Water Eliminates
Dehydration**

**#2 Water Helps Kids Suffering
from Asthma and Allergies**

#3 Water Lessens Hunger Pains

**#4 Water Reduces Fatigue and
Helps Kids Learn**

**#5 Drink Water to Ease Growing
Pains & Back and Joint Pains**

**#6 Drinking Water Helps With
Short-term Memory**

**#7 Water Decreases the Risk of
Certain Cancers**

#8 Sip or Guzzle? Do both!



**#9 Drinking Soda, Juice or Milk
Doesn't Count Toward Water
Intake**



**20% OF KIDS IN THE US
DRINK NO WATER AT
ALL!**

**#10 Drinking Water Helps Clear
Teen Skin**



This month, we challenge parents to encourage water drinking at home and at school. Please make sure that your student has a refillable water bottle with them daily. If you do not have a water bottle to send in with your student, tell your child to inform his or her teacher. CCSD has provided all schools with a supply of water bottles to distribute to students as needed.

Due to COVID, the district has made it mandatory for schools to close public water fountains. Here at JIES, we have several water bottle filling stations that are available for your child to replenish his or her water bottle regularly. We encourage students to take their water bottles home often for cleaning, and parents please label your child's bottle clearly with their name.



TIPS FOR KIDS WHO DON'T LIKE WATER

- Try adding slices of fruit to water like oranges or strawberries
- Let your child pick out his/her own water bottle or serve water in fun colorful glasses
- Be a role model! Drink water with your kids.
- Experiment with temperature-room, fridge or add ice cubes