



WATER and NUTRITIOUS BEVERAGES
CIRCULAR NO. GR07-10_2017_05

_____, 2017

Dear Parents,

Starting this week, our children will be learning the following key concepts about Water and Nutritious Beverages:

- It is important to drink enough water every day. Drinking water helps to cool our body down and remove waste from our body. Water helps in bringing nutrients all over our bodies, and keeps our skin and eyes from becoming dry.
- Children and adolescents should drink the recommended amount of water daily:
 - 6-9 years old: 6 glasses or more each day
 - 10-12 years old: 8 glasses or more each day
 - 13-18 years old: 9 to 12 glasses of water or more each day
- If we feel thirsty, it means that our body needs more water, but we should not wait until we feel thirsty before we drink water.

We ask that you support your child's learning by:

- discussing the importance of keeping the body well-hydrated with your adolescent, and modeling this important habit.
- encouraging your adolescent to drink more than the minimum recommended amount of water each day.
- encouraging your child to include a nutritious beverage like milk with every meal.

As we conclude the Wellness Campus Program in the next few weeks, we wish to thank you for your valuable involvement. We hope that you will continue to nurture and develop nutritious eating habits at home with your entire family.

REPLY SLIP

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_____ We have received and read this circular, and WE COMMIT to supporting our child's learning of healthy eating habits.

_____ We have received and read this circular, but WE CANNOT COMMIT to supporting our child's learning of healthy eating habits for the following reason: _____

Name and grade level of student

Parent's name and signature

Date