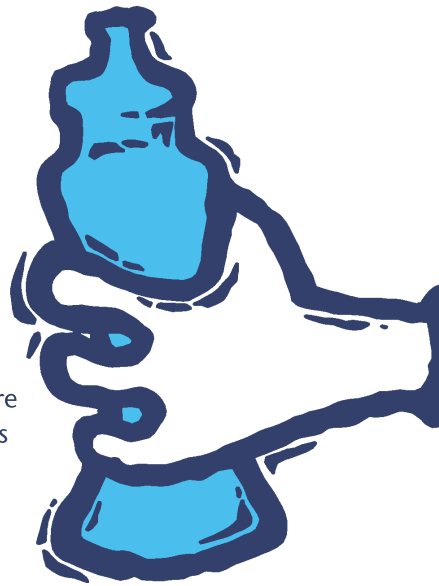


It may be possible for you to buy a plastic water bottle from your school. If not, then you may be able to bring your own plastic water bottle with you. Your school will let you know which kind to bring.

Your school will let you know when you are able to fill your bottle and in which places you can drink from it.



How to keep your bottle clean every day:

- Wash in hot, soapy water every night, rinse well and leave to air dry or wash in the dishwasher on the top shelf.
- Fill with fresh water, put in the fridge overnight and take to school the next morning.

Water in Schools is an Aberdeenshire initiative.
For further information contact:
Education & Recreation Service
Tel: 01224 664883.

Aberdeenshire
COUNCIL



NHS
Grampian

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DRINK WATER

WATER'S COOL IN SCHOOLS

Aberdeenshire Council
has launched a new
initiative to encourage you
to drink more water...

HAVE YOU NOTICED THAT YOUR SCHOOL HAS BEEN FITTED WITH NEW WATER STATIONS?

Your school has been supplied with new water stations that filter and chill the water ready for you to drink. It is important that you try and drink enough water each day to stop you becoming dehydrated. If you do not drink enough fluids, the most important of these being water, then you can become dehydrated.

Research shows that dehydration can:

- affect your work performance at school
- make you feel tired and grumpy
- reduce your energy levels
- make you feel thirsty
- increase your chances of getting a headache.

You should aim to drink about **2** bottles of water during the school day!

Brain Fuel:

Water helps you to make connections in the brain. With 100 million cells in your brain this makes drinking water very important for brain power.

Water will help you to:

- stay healthy, feel good and have more energy
- increase your ability to concentrate
- keep your hair, skin and nails healthy
- and keep your breath fresh...and help to keep your teeth looking good.

Drink water throughout the day, before you feel thirsty and after being active!