



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?

The water stations make sure that you can access fresh, chilled drinking water.

You should be able to fill a water bottle from the station and drink water throughout the school day.

Why do we need water?

Many children, and adults too, do not drink enough water. This can make them dehydrated. To make sure you do not become dehydrated you should drink water.

Research shows that being dehydrated can:

- make you feel tired and grumpy
- reduce your energy levels
- mean that you do not work as well at school
- make you feel thirsty
- mean you may get more headaches.

Water will help you to:

- stay healthy and feel good
- improve your coordination
- feel less tired
- look after your teeth
- and help you to concentrate...

Remember to:

- drink water all day long at different times before you feel thirsty and after being active
- keep your bottle clean and bring it to school every day.
- drink lots of water at school and home...and tell your friends and family to do this too!

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

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 will be able to drink from it.

