



Water in Schools

How much water should a child drink during the day?

The benefits of drinking water and maintaining good hydration have long been overlooked. Good hydration helps us to remain healthy. Adequate foods and the right? Fluids help our bodies stay healthy regulating our daily water balance.

At **Howard Plastics** we have provided over 11,000 schools with safe reusable drinking bottles ensuring that children have easy access to water. All our bottles are made by us in the UK and are CE marked and approved to BSEN71 (toys intended for children under 36 months) and 90/128/EEC (materials in contact with foodstuffs) standards. Bottles and caps are made from polyethylene (LDPE) and are completely safe for repeated food use.

We recommend washing bottles on a daily basis in hot soapy water or in a dishwasher (top shelf only) to eradicate possible bacteria from hands and mouths. Regular sterilization in a weak 'Milton' type solution may also be advantageous.

5-8 year olds

5 glasses (1 litre) each day

9-12 year olds

7 glasses (1.5 litres) each day

13 +

8-10 glasses (2 litres) each day

One glass equals approximately 200mm

Benefits of being well hydrated are:

- Drinking water during the day has been proven to help increase a child's alertness making them ready to be able to learn at higher levels.
- Good hydration boosts physical and mental endurance
- Helps prevent muscle cramps in hands, legs and feet
- Helps keep a healthy digestive system and
- limits the risk of infection
- Prevents and relieves headaches
- Prevents heatstroke during hot weather
- Helps maintain a healthy weight as part of a balanced diet and lifestyle



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Signs of dehydration are:

- Dry lips and mouth
- Flushed skin
- Fatigue
- Irritability
- Headaches
- Poor academic performance
- Skin does not bounce back quickly when pressed
- Low output of urine
- Cramp and stiff/or painful joints

Information sources are:

- www.saferchild.org/dehydrat.htm
- www.healthpromotingschools.co.uk
- www.water.org.uk
- www.waterforhealth.org.uk

Ways to encourage children to drink water in schools

- Issue each child with a reusable natural drinking bottle with a screw cap.
- Provide safe facilities for children to refill their bottles during the day (water fountains)
- Provide carriers or safe places at children's desks so that they have easy access to water all day without having to disturb others
- Promote the benefits of drinking water during the day

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