

St Joseph's Catholic Primary School

Dear Parents,

We have been successful in our application for a Healthy Schools Grant.

To be awarded the grant our school had to think of a project which we felt would be of great benefit to all of the children. We thought long and hard and finally agreed that we needed to do something which enabled children to have free and easy access to fresh drinking water in the classrooms during lessons.

Reasons to drink water:

Look Younger with Healthier Skin: You'll look younger when your skin is properly hydrated. Water helps to replenish skin tissues, moisturizes skin and increases skin elasticity.

Better Productivity at Work: Your brain is mostly made up of water, thus drinking water helps you think better, be more alert and more concentrated.

Better Exercise: Drinking water regulates your body temperature. That means you'll feel more energetic when doing exercises. Water also helps to fuel your muscle.

Less Likely to Get Sick and Feel Healthy: Drinking plenty of water helps fight against flu and other ailments. In another words one of the benefits of drinking water is that it can improve your immune system.

Relieves Tiredness: Water is used by the body to help flush out toxins and waste products from the body. If your body lacks water, your heart, for instance, needs to work harder to pump out the oxygenated blood to all cells, so are the rest of the vital organs, your organs will be exhausted and so will you.

Good Mood: Your body feels very good and that's why you feel happy.

In our classrooms we have special water taps which provide filtered drinking water and to make this accessible to all children we have brought every child and member of staff a special St Joseph's drinking water bottle which they can refill during the day.

Today your child will be bringing their water bottle home. Please could you wash the bottle out each night, fill it with water only and remind your child to bring it to school everyday.

I hope that you will agree that this is a great new initiative in school which will be of great benefit to all of the children.

Many thanks,

Mrs S Chapman

Deputy Headteacher

Kind hands, kind words...like Jesus



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INVESTOR IN PEOPLE