

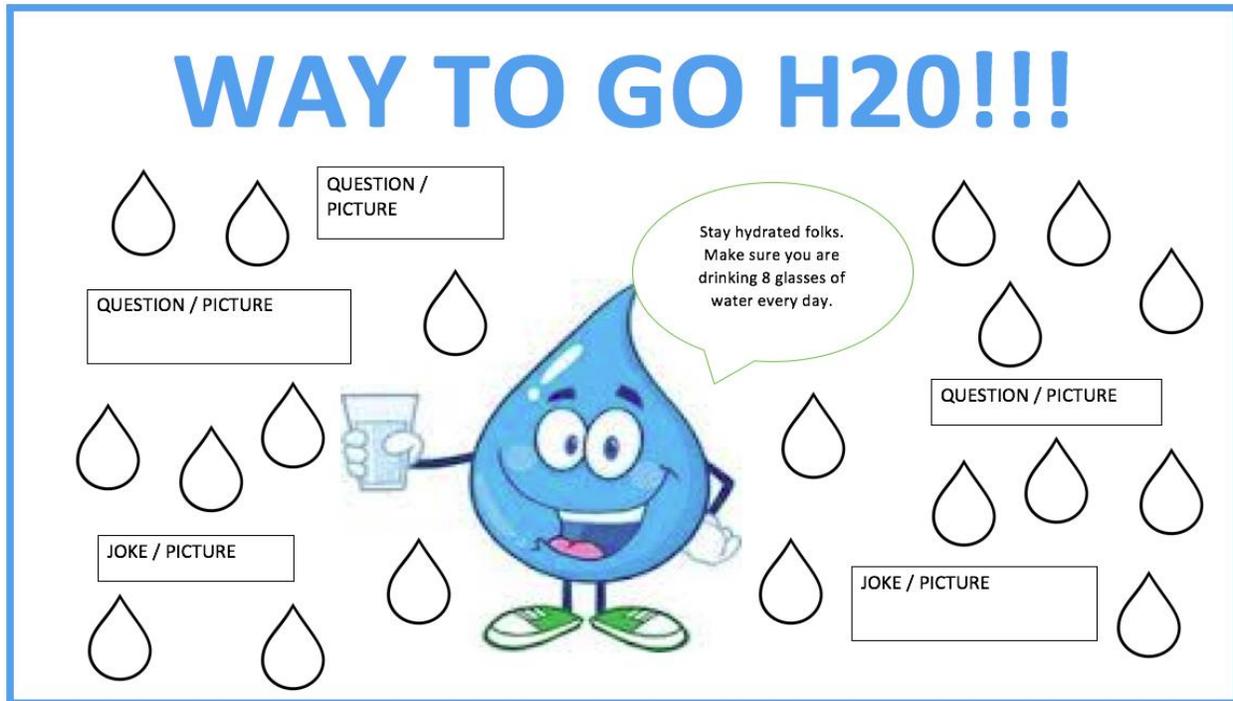
## Way to Go H2O!

### Monthly Campaign Bulletin Board:

**Theme:**

This campaign focuses on water and highlights why water is a choose most often beverage.

**Example Bulletin Board:**



**Classroom Instructions:**

Have a discussion with your class about all the important roles water plays in our bodies. Review the recommended cups of water their age group should be drinking every day. As a reminder for students to drink water, set a goal for your classroom to have intentional water breaks. Maybe your goal is a water break at the beginning of the day, or maybe it's before recess and lunch – either way, it's up to you to decide. With input from the students, determine what a realistic goal will be for your classroom.

4-8 year old children should drink 5 cups of water daily

9-13 year old children should drink 6.5-7 cups of water daily

**Bulletin Board Instructions:**

This bulletin board has posters that can be printed off and pinned to the board. The posters include facts about water, jokes, and pictures. Also included is a water droplet template for students to write or draw (or both) their favourite time to take a water break. Brainstorm a few ideas with the students to help get them going (during meals, after physical activity, first thing in the morning, etc.).

# What percentage of the body is made up of water?



Our bodies are composed of approximately 60% water. Water helps our body with digestion, creation of saliva, transportation of nutrients and maintenance of body temperature.

# How much water do we need each day?



Some children may be fine with less water while children who are very active or sick may need more. Children may also need more water during the day when it's hot outside.

# Why do bicycles fall over?



**Because they are  
two-tired!**

Dehydration – not having enough water – can cause our bodies to become too tired or fatigued. Water keeps you hydrated and gives you a boost in energy.

**What is a kayaker's favorite kind of lettuce?**



**Row-maine!**



We can get the correct amount of fluid by drinking water, milk and other healthy options. You can also get healthy fluids by eating fruits and vegetables, such as lettuce. Fruits and vegetables are high in water content, so having a healthy snack of fruits and vegetables will also help keep you hydrated.

**How can we tell if we are dehydrated? Dehydration is when our bodies don't get enough water.**



Some signs of dehydration are dark urine, dry skin and/or lips, thirst, headaches, hunger, muscle cramps, constipation and tiredness.

# I need something different!



Tired of drinking plain water? Time to spice it up! A quick way to do this is by adding fruit to your water. You can add cut up oranges, lemons, limes, strawberries, basil, or mint to your water for a refreshing change. Try it at home with your family for a healthy treat!



## **What are some ways you can make sure you are getting enough fluids?**

- 1.** Have a glass of water during each meal and between each meal.
- 2.** Freeze water in safe water bottles. Take a bottle with you for cold water on the go.
- 3.** Change up your plain water. You can add cut up oranges, lemons, limes strawberries, basil, or mint to your water for a refreshing change.
- 4.** Eat more fruits and vegetables. They are high in water content.
- 5.** Keep a bottle of water handy at your desk or in your school bag.

# Why are Fish so smart?



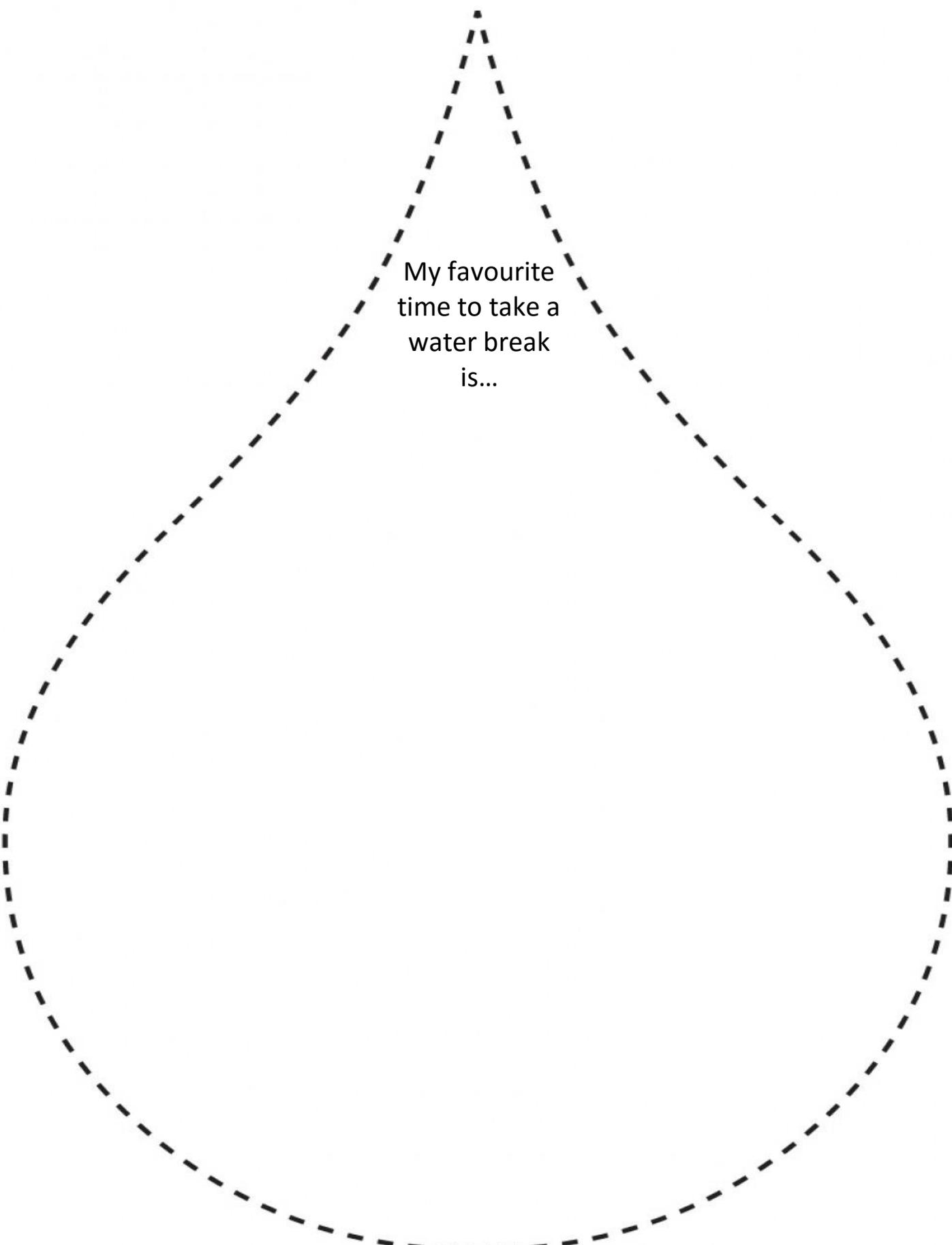
**Because they live in schools!**



Your brain is made up of 90% water. Keeping hydrated will help with memory and brain performance.



Stay hydrated folks! Make sure you're drinking 8 glasses of water every day.



My favourite  
time to take a  
water break  
is...