

Moorfield Primary School,
Wellington Road,
Newport,
Shropshire.
TF10 7QU

Friday 11th June 2021

Dear parents and carers,

We are writing to request that you encourage your children to drink more water. As the weather is heating up, it is vitally important that children have plenty to drink. There are a number of reasons why water is more beneficial than fizzy alternatives, and here are just a few.

Firstly, water is essential for good brain function. Approximately 80% of brain is made up of water. Therefore, it is clear that how much you drink has a big impact on the brain's performance. Many studies have found that not having enough water can lead to impaired memory and concentration. In one study of young women, it was found that fluid loss of just 1.6% led to poor mood, concentration, and increased headaches. If children don't consume enough fluid at school, they may lose focus and become distracted. Consequently, their academic performance could suffer. Would you want your child to achieve less than perfect results simply because they didn't drink enough.

Secondly, drinking water prevents dehydration. Dehydration occurs when the body does not get enough water to function properly. On hot days or when people take part in strenuous activities, they often sweat more as a result of this, they lose essential fluid in their body and may become dehydrated. Since muscle is made up of 80% water, losing too much water can lead to poor physical performance. Therefore, it can cause raised body temperature, increased fatigue and poor motivation. Furthermore, if children don't drink enough water,

Thirdly, children should drink more water because it is healthier than fizzy drinks. Children may enjoy fizzy drinks. Despite this, they are often high in sugar and bad for your health. Fizzy drinks, squashes and juice drinks contain lots of added sugar and very few nutrients. As a result, consuming too many sugary drinks can make children overweight. Moreover, these drinks contain lots of acid which can cause the outer surface of the teeth to erode. Do you really want your child's teeth to erode? Distressingly soft drinks have been linked to early death! One study found out 17% high risk of death if consume 2 glasses a day compared to drinking 1 per month. Surely this is enough to get your child to drink more water.

In conclusion, it is vital that you drink water every day. There is no doubt that it is crucial for brain function, it prevents dehydration and it is healthier than sugary alternatives. Hopefully, you will agree that water is beneficial for your children's health .

I look forward to your reply.

Yours sincerely,