

Moorfield Primary School,  
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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, your child could get a brain function by dehydration. A study of young woman found out that if they exercise without fluid they will become light headed, drowsy and acting moody. Water helps places in your body and also keeps you from getting dehydrated. if your child needs water, give it to them for dehydration please.

Secondly, Water helps prevent dehydration. This is lost fluid from such things like sports and hot weather. Dehydration stops if you drink fluids such as water. Your brain needs most water because if you don't you could be fatigued. You need to drink water before you exercise and sweat takes all of the fluid you drank today. If you don't drink water you might faint. Do you want your child to faint? Surely not. When covid is here it could be very important because you could die from covid and you could die from dehydration.

Thirdly, soft drinks are not healthy but it's healthier than apple juice but water is way more healthy. Drink at least 3 cups of water a day instead of the average 1-2 cups a day. If your children don't drink water and live on soft drinks it can cause rotting teeth or tooth decay. Do you want your children to suffer from terrible pain? No, so please go and buy water or get some cups of water for school so your children are fit and healthy. We don't want to see rotting teeth. It can also cause strenuous braces or terrible pain. It can terribly hurt if your teeth fall out from rotting teeth. One study found that there was 17% higher risk of death for those consuming two glasses of sugary drinks per day compared to those who consumed less than one glass a month. Surely you want your children to be fit and healthy.

In conclusion,  
water is healthy and your children need it to live so I hope this message makes you provide water for your children.  
If your children don't like tap water feed them shop water.

I look forward to your reply.

Yours sincerely,

Karlee and Ellie