

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, If your body doesn't have enough water, you will get dehydrated. However, if you do drink water you won't get dehydrated. When you do strenuous exercise and it's hot, you are likely to dehydrate. Researchers study's have found that if you don't drink enough water when you've done strenuous exercise it can impair brain function. If your child / children doesn't drink enough water it can effect there academic performance so it is obvious that you need to drink water. If your child/children dosen't have enough water the brain won't function properly. You want your child to pass work, don't you?

Secondly, if you drink enough water it prevents dehydration. Dehydration occurs when your body does not have enough water and you lose water when you do exercise. When dehydration occurs it can effect work. Children need water at school. However, there water bottles shouldn't be a distraction during lessons. Dehydration can effect sports, work, memory and academic performance. Surely, you don't want your child to lose memory for there tests do you?

Thirdly, water is more healthy than fizzy drinks because it can make your children overweight if they consume too much of it. Fizzy drinks are bad because they can affect health for the body. Furthermore, fizzy drinks can make your body full of energy so children won't go to sleep. A high sugar level means a drink is also high in calories. Therefore, children will have an unbalanced mixture between exercise and health. Do you want your child to have an unbalanced mixture between health and exercise? Researchers' studies show that it's a 17% higher risk of death among those consuming two glasses a day to one glass a month. Surely water is an eminent option to drink than fizzy drinks.

In conclusion, I assure you agree from these descriptions to persuade you to give your child more water. You should agree because water improves brain function, prevents dehydration and it is clear that water is way better than fizzy drinks. Hopefully you will agree that water is vital for children to drink more often.

I look forward to your reply and hope you acknowledge our letter.

Yours sincerely,
Alex Cartwright and Lexie Appleby