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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 improves brain function so if you don't drink enough water mood can be impaired. Approximately 80% of the brain is made of water. If you don't drink enough water, aspects of the brain such as concentration and memory can be impaired. In a study of young men they concluded that fluid loss of 1.6% was damaging to the memory and increased feelings of anxiety and fatigue. In a similar study of young women researchers found that fluid loss 1.4% of water after exercise you will go through wild mood waves and loss of memory. Do you want your child to suffer of loss of concentration and memory? Obviously you wouldn't would you? Surely you would agree.

Secondly, water prevents dehydration. Dehydration means that your body doesn't have enough water perform correctly. Dehydration occurs when you do strenuous exercise or go in intense heat. Muscle is 80% water. Therefore, physical performance can drop by 50% and other harmful effects such as that you can't control your own body temperature less motivation and an increased feeling of fatigue. If your child doesn't drink enough water your child will have a higher risk of early death. If dehydration is ongoing it can affect your kidney function and can prevent them from working properly. Do you want your child to have a higher rate of death? I'm sure that you wouldn't want that, if you did then that would make you a terrible parent.

Thirdly, water is much healthier than fizzy soda. Children may enjoy sugary drinks but they are very high in sugar. If your child does lots of exercise and they have wild mood swings that is from drinking lots of fizzy pop. Therefore, you need water to balance back out your mood. Fizzy drinks don't just contain sugar they also have are high in acid that erodes the outer surface of the enamel Water has very little sugar in. Hence, it is an excellent replacement for fizzy drinks. In 2020 reaseachers found that people who regulary consume soft drinks have a higher risk of early death. There study found that a 17% higher risk among those consuming 2 glasses a day compared with those drinking less than one glass a month. Do you want your child to be unhealthy and have tooth decay. I am sure that you would not it would be very crule if so. Surely it is clear that you'd be a terrible parent if you let that happen.

In conclusion, water improves brian function, prevents dehydration and is much healthier than fizzy drinks. Isn't it obvious that all these statments are facts proven by scinctest. I hope now you'll agree to send your child in with water but not single use plastic because that kill the planet.

I look forward to your reply.

Yours sincerely,
Mair Thomas and Thomas Hamdy.