



WATER and NUTRITIOUS BEVERAGES
CIRCULAR NO. GR01-03_2017_05

_____, 2017

Dear Parents,

Starting this week, our children will be learning the following key concepts about Water and Nutritious Beverages:

- It is important to drink enough water every day. Drinking water helps to cool our body down and remove waste from our body. Water helps in bringing nutrients all over our bodies, and keeps our skin and eyes from becoming dry.
- Children and adolescents should drink the recommended amount of water daily:
 - 6-9 years old: 6 glasses or more each day
 - 10-12 years old: 8 glasses or more each day
 - 13-18 years old: 9 to 12 glasses of water or more each day
- If we feel thirsty, it means that our body needs more water, but we should not wait until we feel thirsty before we drink water.

We ask that you support your child's learning by:

- spending time discussing the importance of keeping the body well-hydrated with your child, and modeling this important habit.
- making sure your child drinks more than the minimum recommended amount of water each day.
- serving your child a nutritious beverage like milk with every meal.

As we conclude the Wellness Campus Program in the next few weeks, we wish to thank you for your valuable involvement. We hope that you will continue to nurture and develop nutritious eating habits at home with your entire family.

..... REPLY SLIP

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_____ We have received and read this circular, and WE COMMIT to supporting our child's learning of healthy eating habits.

_____ We have received and read this circular, but WE CANNOT COMMIT to supporting our child's learning of healthy eating habits for the following reason: _____
 _____.

 Name and grade level of student

 Parent's name and signature

 Date