



Good morning! Today we are going to talk about Water Month, which is taking place at *(insert school name)* this **October!**

Healthy Kids School Pledge

As a part of the Healthy Kids Community Challenge, our school has taken the *Healthy Kids School Pledge* this year!



Current Focus Area...

Water does Wonders!

As part of the Water Does Wonders theme of the Healthy Kids Community Challenge, our school has taken the *Healthy Kids School Pledge* this year. This pledge is an opportunity for us to demonstrate our commitment to promoting a healthy, supportive environment for students and staff! The pledge will last for the duration of the school year, with an opportunity to renew the pledge annually.

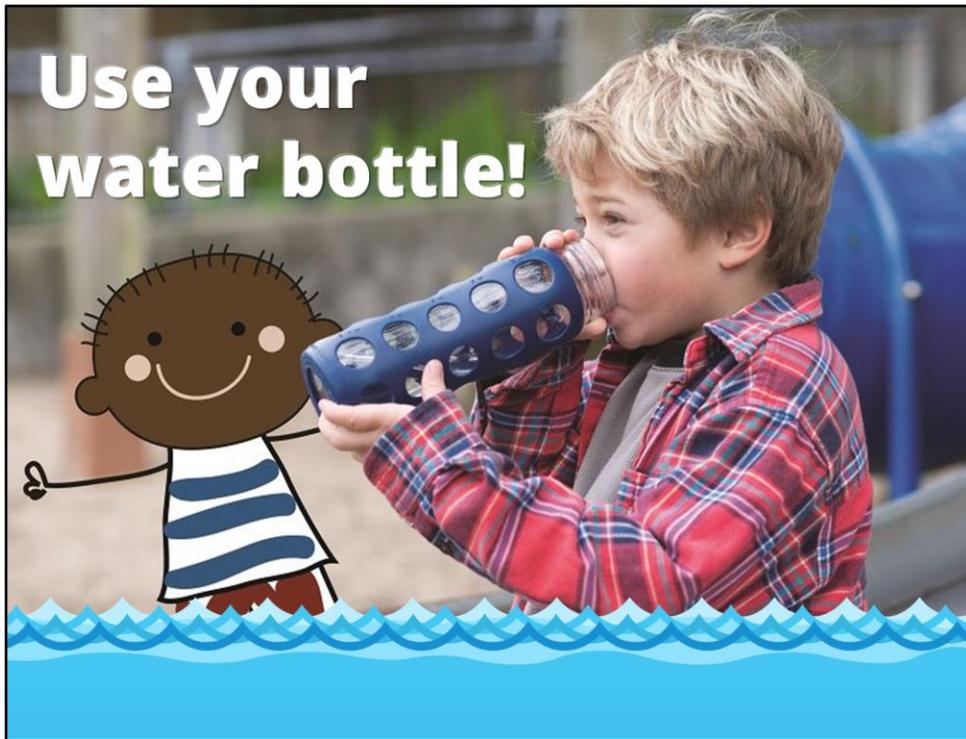
The current theme of the Healthy Kids Community Challenge, and focus area for our Healthy Kids School Pledge, is *Water does Wonders!* This theme focuses on getting all of us to drink more water!

Water does Wonders!



We all know healthy eating is important for us, but so is healthy hydration! Water is essential to keep our bodies working and growing properly. It is also much better for us than drinks with sugar added. So let's use this month to remember that *Water does Wonders!*

This October, make it your goal to sip water throughout the stay to stay healthy and hydrated!



By taking the Healthy Kids Schools Pledge this year, we are going to be receiving lots of great material from the Healthy Kids Community Challenge, including a **new *Water does Wonders* water bottle for each of you!!** Your teacher will distribute these water bottles to you once they arrive. They will also come with a *Water does Wonders* bookmark to act as a reminder to drink water, and some flavoured water recipe cards that you can try at home!

Once you receive your new water bottle, be sure to use it! Bring it to school with you each morning and take it home at night to be washed.

What is Water Month?

Water Month will include:

- Give-aways
- A water bottle contest
- Classroom activities
- Announcements



By taking the Healthy Kids Schools Pledge this year, we are also going to be participating in Water Month this October! Water Month will be a month dedicated time to promoting water as the drink of choice for all of us to stay healthy and hydrated during October and beyond!

This month, you can look forward to *Water does Wonders* classroom activities, morning announcements, and contests to remind us to sip water throughout the day to stay healthy and hydrated. We hope you will learn some interesting and useful take away messages about water both today and in the Water month activities still to come. Share these messages with your family and challenge them to drink more water too!

Water Bottle Competition

2 points for each student who has their **filled** *Water does Wonders* water bottle on their desk each morning during attendance.



1 point for each student who has taken their *Water does Wonders* water bottle home with them each night (gone from their desk at the end of the school day).

To help us remember to bring our water bottles to school each morning and take them home at night to be washed, we are having a water bottle competition **between classrooms** this month! The competition will start once we receive our new *Water does Wonders* water bottles (by the second week of October).

Points will be earned as follows:

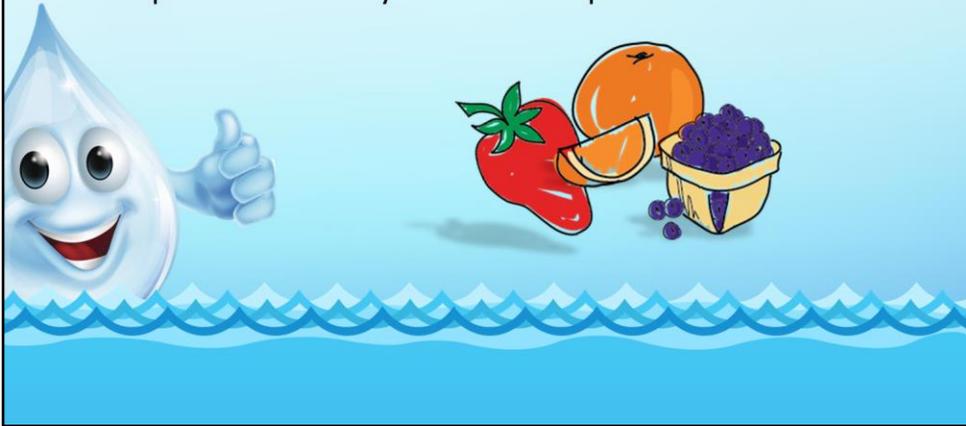
- 2 points for each student who has their **filled** *Water does Wonders* water bottle on their desk each morning during attendance. Bottles must be filled with *water* to count!
- 1 point for each student who has taken their *Water does Wonders* water bottle home with them each night (as indicated by it being gone from their desk at the end of the school day).

Teachers will keep a tally on the board of how many points their classroom has earned. Leader boards will be announced at the start of each week. The classroom with the most point at the end of October will win!

Flavoured Water Tasting Booth

Try out some fruit-infused water! Its delicious AND healthy!

- Use Sip Smart!™ Ontario Recipe cards OR experiment with your own recipes!



While water is delicious and healthy, sometimes it is nice to add a little extra flavour to it! The best way to do this is to add some sliced fruit or herbs. For example, you could add orange slices, strawberries, melon, blueberries, mint, basil, and much more!

Today, we have a Flavoured Water Tasting Booth for you to try out! Test our this fruit-infused water to see what your favourite flavour combinations are, and then try making your own! When you get your Water does Wonders Water bottles, they will come with some flavoured water recipe cards too!

If you are looking for an extra challenge, see if your friends or classroom can come up with a favourite fruit-infused water this month! We might even use some of these at an upcoming school dance, sports tournament, assembly, or other event!

Let's Make a **SPLASH** this **WATER MONTH!**



Remember: Water is essential for good health. It's the simple, convenient, low-cost option for quenching your thirst. Lets sip water each and every day to stay health and hydrated!