

HEALTHY DRINKS IN SCHOOL

Why drinking water is important...



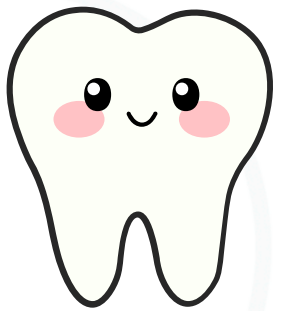
Hydration Matters

Water keeps children alert, focused, and ready to learn. Even mild dehydration can affect concentration, mood and energy levels.



Boosts Brain Power

Drinking water helps maintain cognitive function. Children who stay hydrated tend to perform better in class and feel more engaged.



Protects Teeth

Unlike sugary and acidic drinks like fruit juice and cordials, water doesn't cause tooth decay. It's the safest choice for healthy smiles.



Supports Healthy Children

Water contains no calories, no sugar or additives. Choosing water helps to maintain healthy weight and supports lifelong healthy habits.



Cost Effective & Accessible

Tap water is free and readily available in school. No need to buy expensive drinks or worry about packaging waste.