

# **WATER**

## ***'Think to drink: Drink to think'***

### **Information for Whānau**

#### **What is the *'Think to drink: drink to think'* project about?**

- The *'Think to drink: drink to think'* programme is part of a project which aims to foster an environment that supports children following the Canterbury earthquakes. The experience of these earthquakes may have caused stress therefore taking care of one's body is an important way to help cope with stress. In class your child will be given a free drink bottle so that they can increase their water intake in the afternoons. This bottle is NZ made and BPA free.
- In class they will learn about the importance of staying hydrated for their mind and body. We have provided you with some basic information so that your child can come home and tell you what they have learned.

#### **Why do we need to think about drinking?**

- Studies show that many children, from both hot and cold climates, are often dehydrated when learning at school. Being adequately hydrated has been shown to improve short-term memory and kidney function, which may make bed-wetting less likely to happen.

#### **What is hydration?**

- Hydration is simply having enough water in your body. Being hydrated simple makes you feel better and think more clearly. Dehydration may result from inadequate water intake and/or from losing body water and can develop rapidly or slowly.

#### **How can you tell if children are dehydrated?**

- Symptoms of mild dehydration can be difficult to spot. By the time children get home from school many are complaining of tiredness or headaches and some may be too lethargic to do anything but slump in front of the television. Although we may think of this behaviour as normal, it is now known that it may, at least in part, be due to the effects of dehydration.

#### **How much should children drink?**

- The standard recommendation is 5 glasses (1 litre) for 5 to 8 year olds, 7 glasses (1.5 litres) for 9 to 12 year olds, 8 to 10 glasses (2 litres) for 13+ years.

#### **What effect does drinking water have on thinking?**

- Water makes up about 80% of the brain and is an essential element in neurological transmissions. Staying hydrated positively affects a child's mental performance, learning ability, and helps to cope with stress.

### Key notes for the teacher/whanau

- **Water bottles need to be visible to encourage children to drink regularly**
- **All students should aim to drink at least one bottle of water at school**
- **Your child's bottle is to remain at school**

### Caring for your drink bottle

- Drinking from a water bottle is a simple and easy way to stay hydrated. However there are a few really important steps when caring for you bottle. When left for long periods (or even short) of time, they can develop unpleasant tastes, odours, bacteria and mould. Bacteria thrive especially well in dark and moist environments. If we are not keeping our bottles properly cleaned we are exposing ourselves and our families to all sorts of germs. So, what are the best, cheapest and most effective ways of keeping plastic drink bottles clean and germ free? Here are a few tips:
- **Dishwasher Friendly**  
The easiest way would be just to toss it in the dishwasher upside down at the end of every day.
- **Give the bottle (and the lid) a really good scrub**  
Use a cloth on the end of a toothbrush or bottle brush. Just fill up the bottle with hot water and a little dishwashing detergent then give it a really good scrub. Old toothbrushes are especially good for getting into the crevices in the lid or screw top.
- **There are lots of things around the house that work wonders**  
*Vinegar* is very effective with cleaning drink bottle as it is a natural disinfectant. Wash with hot water and soap then refill the bottle with hot water, adding a couple of tablespoons of cider or white vinegar. This can be left to soak overnight. Just rinse out and either allow drying naturally or refilling to go again.
- *Baking or bicarbonate soda* found in most pantries can also be used to clean your drink bottles. Use a couple of heaped teaspoons of baking soda and warm water, mix together and let soak for a few hours. Then rinse out with hot water and mild dishwashing detergent.
- *Freeze it.* After washing and drying your bottle, freezing it can kill any remaining bacteria. You may also store your bottle this way if you have room in the freezer, then when you fill it for reuse the water will stay cold just that little bit longer.
- **Really important points**

Store the bottle without the lid on. This will prevent bacteria growing before you are ready to refill and maintain a clean, hygienic container. It is important that the drink bottles be allowed to dry completely before storing for future use.

- **For some cool videos or more information on how to care for your bottles go to:**

<http://sistemaplastics.com/about/videos/#155489894>

<https://www.stayathomemum.com.au/houseandhome/cleaning-tips/clean-plasticmetal-drink-bottles/>

### **Research links for more information about the importance of hydration (copies available at school)**

Edmonds, C., Jeffes, B. (2009) Does having a drink help you think? 6–7-Year-old children show improvements in cognitive performance from baseline to test after having a drink of water. *Appetite*, Volume 53(3) 69–472.

<http://labs.kch.illinois.edu/Research/Labs/neurocognitive->

[kinesiology/files/Articles/Khan\\_2015\\_The\\_Relationship\\_Between\\_Total\\_Water.pdf](http://labs.kch.illinois.edu/Research/Labs/neurocognitive-kinesiology/files/Articles/Khan_2015_The_Relationship_Between_Total_Water.pdf)

Fadda, R., Rapinett, G., Grathwohl, D., Parisi, M., Fanari, R., Calò, C. M., & Schmitt, J. (2012). Effects of drinking supplementary water at school on cognitive performance in children. *Appetite*, 59(3), 730-737.

Khan, N., Raine L., Scudder M., Cohen N., Kramer, A., Hillman, C. (2015) The Relationship between total water intake and cognitive control among prepubertal children. *Ann Nutr Metab*;66 (3)38-41.