

# Water Does Wonders Morning Announcements

## for HKCC Pilot Schools

1. Water Does Wonders – brought to you by \_\_\_\_\_ school. Did you know that more than half of your body is made out of water? We are about 60% water which is found in our blood, cells, and joints. It is necessary for all of our body to function properly. If we don't get enough we may feel tired or unwell. Make sure you are getting enough water throughout the day by bringing your reusable water bottle to school every day!
2. Water Does Wonders – brought to you by \_\_\_\_\_ school. When it comes to thirst choose water first! Burlington tap water is safe, low cost and refreshing! Water contains no sugar, calories, additives, preservatives or caffeine therefore it's the best choice to hydrate your body.
3. Water Does Wonders – brought to you by \_\_\_\_\_ school. Did you know that water makes you feel energized? Dehydration - when your body doesn't have enough water – can drain your energy and make you feel tired. Be sure to sip on water throughout the day to keep you energized!
4. Water Does Wonders – brought to you by \_\_\_\_\_ school. We can drink enough water if we choose water first. Too many sugar-sweetened-beverages such as pop, juice drinks and flavoured milk are not a healthy replacement for water and plain milk, and should be limited. Stay healthy, drink water!
5. Water Does Wonders – brought to you by \_\_\_\_\_ school. Thirsty? 100% juice is sometimes a good choice. It contains some vitamins but also contains a lot of natural sugars. Choose whole fruit and water instead to keep your teeth healthy, your heart strong and your body happy!
6. Water Does Wonders – brought to you by \_\_\_\_\_ school. Did you know you can eat your water? Many fruits and vegetables contain very high amounts of water – watermelon is 92% water! Don't forget to eat your water!
7. Water Does Wonders – brought to you by \_\_\_\_\_ school. We know that too much sugar isn't good for us, but do you know how much is too much? Kids should have no more than 40 grams of sugar per day. This is the amount in one can of pop or one and a half juice boxes. Help reduce your sugar intake by making your drink choice water or plain milk!

