



SHIP Wellness Newsletter

October: Exercise your right to hydrate

Look good

- Water moistens and protects your skin for better complexion and appearance.

Feel great

- Water boosts your energy, and helps you stay focused to help you learn better.
- Water lifts your mood for learning.
- Being well hydrated helps you to concentrate better.

Stay well

- Staying hydrated promotes healthy body systems and decreases chance for illness.
- Drink at least 8 glasses of water a day to stay well hydrated.
- A first sign of not having enough water (*dehydration*) is a headache.
- Even mild dehydration makes you feel tired.
- When you are physically active, it's important to drink before you even feel thirsty.

Tips to stay well hydrated:

- Carry a water bottle for easy access when you are at work or running errands.
- Choose water instead of sugar-sweetened beverages.
- Give your water a little pizzazz by adding a wedge of lime or lemon.
- Eat 2 – 3 servings of fruits and veggies at each meal.



Wellness policy:

SPPS has a district Wellness Policy (533.00) that focuses on healthy environments that create opportunities for physical activity and healthy nutrition during the school day. Studies show a direct connection between a child's health status and academic achievement. By improving our schools health environment and practices, we will be improving our student's health and achievement.

Our district Wellness Policy can be found online at: http://boe.spps.org/uploads/533.00-Wellness_Policy_2.pdf