

## Why water at school?

- Drinking water keeps you hydrated
- Better hydration means better performance in school
- Gets you into the habit of drinking water at home and school

## Remember

- Keep your bottle clean
- Bring your bottle to school every day
- Drink lots of water both at home and school
- Tell others about the benefits of water

## How to keep your bottle clean

- Wash out with hot soapy water every night, rinse well and leave to air dry
- Fill with fresh water, refrigerate overnight and take to school the next morning



For further information please contact  
Cordia (Services) LLP on 0141 353 9296

# Glasgow's refresh<sup>20</sup>

**Refresh is a Glasgow City Council initiative  
managed by Cordia (Services) LLP  
to encourage children to  
drink more water...**



# What is the Refresh Initiative?

The Refresh initiative allows you access to fresh, chilled drinking water in school.

Your school has been supplied with mains fed coolers that filter and chill the water ready for you to drink. You will be given a sports water bottle (wash before use) which you can take into the classroom, gym and dining hall allowing you access to water during the day. Alternatively you may use your own sports bottle if you prefer.

## Research shows that:

- Dehydration can reduce your performance in schoolwork
- Most children and adults do not drink enough water, causing them to become dehydrated
- Dehydration occurs before you feel thirsty
- You should drink water not just after exercise, but all day long
- Children need to drink as much water per day as adults do



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Dehydration can reduce your performance in creative and sports activities.

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## Water will help you...

- Stay healthy
- Speed up learning
- Improve co-ordination
- Reduce tiredness
- Feel refreshed & alert