

STAY HYDRATED & HEALTHY

Did you know that drinking water is essential for good health and wellbeing?

It keeps us hydrated, regulates body temperature and aids in digestion.



Water helps flush out toxins from the body while improving our skin, increasing energy levels and reducing the risk of developing chronic diseases.



You can refill your bottles at water fountains and bottle filling stations around school.



And remember, by using a reusable water bottle, you could save an average of 156 plastic bottles going to the landfill every year!

Because there are so many good reasons to drink water, all students, teachers and staff are permitted and encouraged to bring and carry water bottles at school

(ref: Ed Code sections 38042-38043).



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