



I Choose H₂O



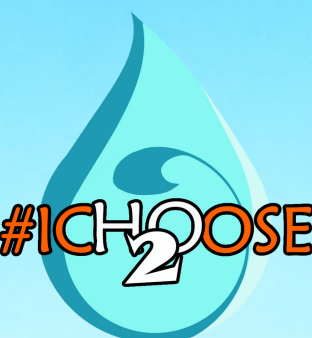
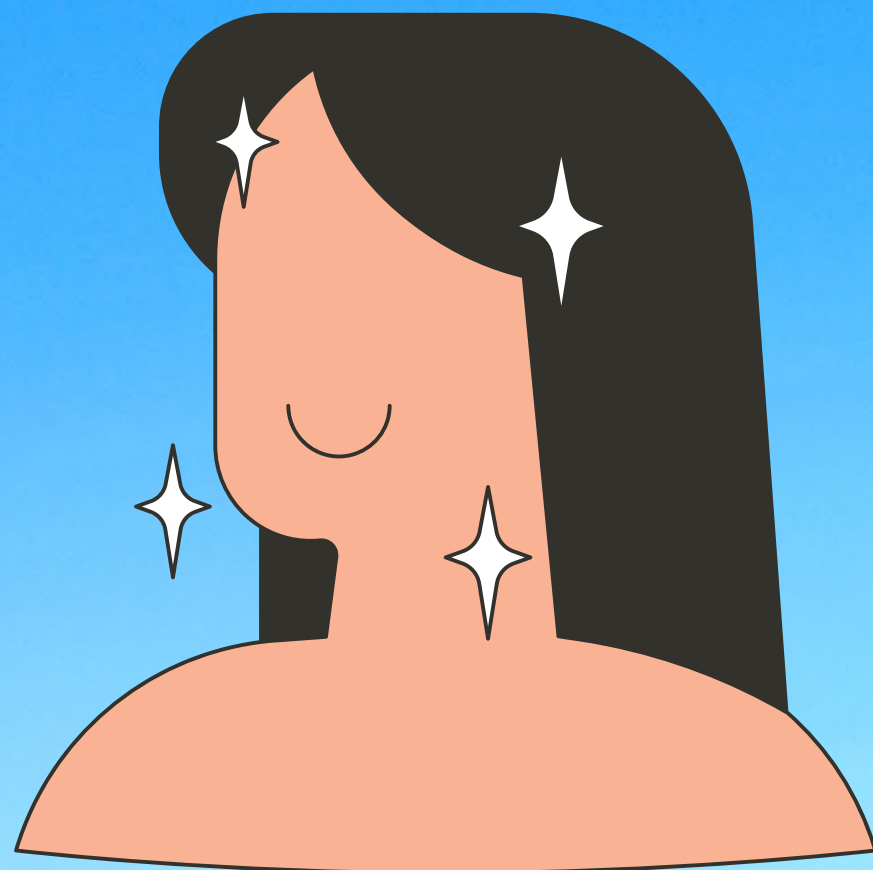
#ICH₂OOSE



Love to Sleep? Love good Skin?

Did you know that sugar can:

- Cause cavities/dental problems
- Increase risk of obesity/weight gain
- Can increase risk of chronic diseases & poor health
- Cause poor sleep
- Fatigue (feeling tired)
- More difficult to concentrate or learn
- Can cause acne and other skin issues

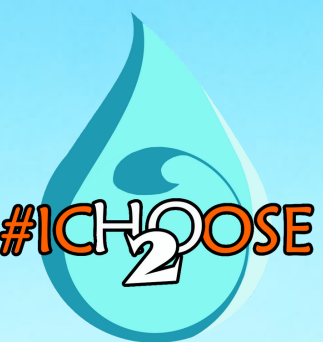


Why is Water important to YOU?

- Improves skin
- It can help get rid of/prevent headaches
- Is good for your teeth and cells
- Will make you feel more energized
- It has no calories
- Helps if you play sports or are active
- Helps keep you cool in hot weather

*Did you know?
70% of our body
is water!*

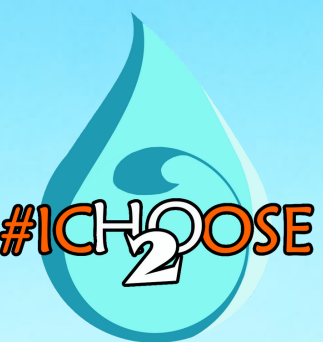
**GOOD
VIBES**



What is *I Choose H2O* ?

I Choose H2O is a 3-week challenge to drink more water, and learn about sugar hidden in our drinks.

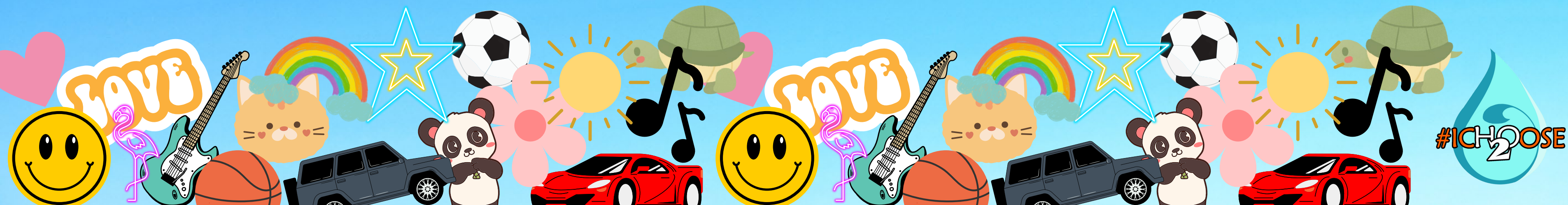
Everyone will receive a water bottle, and will challenge themselves and others to bring their water bottle to school each day to earn prizes and points for your CREW!



Daily Challenge

Bring your water bottle
to school each day!

1. Fill out your water drop
2. Pick out 1 reward sticker



Weekly Lunch Booths

Every Wednesday in the Cafeteria -
come stop by for fun!

- Try a fun new water or food recipe
- Learn how to flavor your water



Final Splash

The final splash is a party to celebrate the end of the
I Choose H2O challenge

The team with the
most points
(water drops)
wins a special
prize!



Celebrate drinking water and have fun!

