



Hello LGPS Families!

We've had a wonderful start to our school year and I'd like to keep up the momentum by encouraging healthy habits for our students! Each month, now until April, we will have a different goal to focus on (but not to focus on solely).

For the month of September, we're going to hyper focus on daily water intake. Water is not a normal favorite choice of drink for most kids, however, it is the most healthy and best for our bodies. Did you know, our students should be getting about 5 cups of water per day? Here are some fun facts about water and why it's important: water helps the body digest food to help avoid stomach aches; it helps move waste out of our bodies; water keeps us hydrated and headaches at bay; every time we breathe, we breathe out water; it helps us think and have more energy; and it helps our skin to be soft and healthy! Did you also know that our bodies are made up of 75% water!?

In order to help keep track of this, I'm also sending home a chart on the back of this letter. Stick it on your fridge, the pantry door, or somewhere you will be reminded daily. At the beginning of the following month, a new chart will come home with a new goal to focus on for that month and the past month's chart will need to be returned to the nurse at school.

There will be a prize for each student who completes and returns their chart at the end of each month. There will also be a grand prize for each student who completes and turns in every month's chart at the end of the year in May! Remember, encouraging good routines and healthy habits sets our student's health for the rest of their lives.

Any questions, please feel free to reach out.

Samantha Labanowski  
School Nurse

Name \_\_\_\_\_

Teacher \_\_\_\_\_

September

Simply cross off a glass of water every time you finish one for that day.

Day 1 

Day 2 

Day 3 

Day 4 

Day 5 

Day 6 

Day 7 

Day 8 

Day 9 

Day 10 

Day 11 

Day 12 

Day 13 

Day 14 

Day 15 

Day 16 

Day 17 

Day 18 

Day 19 

Day 20 

Day 21 

Day 22 

Day 23 

Day 24 

Day 25 

Day 26 

Day 27 

Day 28 

Day 29 

Day 30 

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

\*\* Due back to school after September 30 \*\*