

“It’s Wellness Wednesday. Here’s this week’s timely tip. . .”

February 4

Importance of Water

Did you know that our bodies are about 75% water and our brains are 85%? It is no wonder we can only last a week without this vital liquid. We should try to drink half our body weight in ounces of water. In other words, if you weigh 100 pounds, drink 50 ounces of water each day. If we are exercising or it is hot our bodies will need more water. Drink before you are thirsty as thirst is a sign that you are already dehydrated.

In order to think, we MUST drink lots of water every day.

February 11

Brushing Up on Dental Hygiene

February is dental health month. Did you know the toothbrush was invented by the Chinese in 1000 AD? Today dentists recommend that we brush our teeth twice a day and floss at least once a day. Brushing for a full 2-3 minutes has been shown to be the most effective in preventing decay, so use an egg timer or brush to your favorite song. Give that dentist’s drill the brush off!

Monroe will be having a dental clinic at school on April 15. Forms are in the office to take home to sign up. The Smile Squad will be doing free dental screenings. Ask your school nurse for details.

February 18

Energy Drinks

Red Bull contains the same amount of caffeine as a cup of coffee and twice as much as a cup of tea-some energy drinks contain several times this amount.

People tend to drink these beverages quickly which can cause racing heart rates or a feeling of anxiety. Energy drinks should not be confused with sport drinks

such as Gatorade which replenish fluids and minerals-energy drinks can cause dehydration. Water is the best way to quench your thirst and it is calorie –free!

February 25

Attendance

Good attendance is essential for success in school and life. When should I stay home? Here are a few simple guidelines-fever of 100 degrees or more, vomiting, a cough that won't stop, extreme fatigue or pain including an injury. A skin rash or reddened eye requires a doctor's visit with a note stating when you can return to school. Otherwise, we'll see you in class!