

Drinking Water at School

Your Name

Educational Institution

Children's health care has always been one of the major issues in both education and medicine. British officials decided to investigate the connection between the amount of fluid consumed and the academic achievement of schoolchildren. The results were quite unexpected and have encouraged principals and teachers to change their views on a seemingly trivial matter – drinking water during class.

It is no secret that consuming clear fluids like water is highly beneficial for one's health. The reason is that human body cells consist of water, thus, people need to drink water to maintain their system's balance. Water is a source of energy for both the body and the mind. Benefits are typically only from water. The possible benefits of drinking tea and coffee are debatable. However, when it comes to water, all the experts agree that it is a universal, highly useful and indispensable substance. Individuals should consume up to 2.5 liters per day. Some studies indicate that the lack of water directly influences the mental and emotional performance. It also has been determined that school children are likely to suffer poor concentration and a decrease of learning ability up to 10% when they feel thirsty or become dehydrated. Among other negative consequence caused by not drinking enough water is the increase of headaches due to dehydration. Individuals suffering from dehydration also suffer from annoyance and feelings of fatigue.

These facts have motivated British educators to pass a bill that will allow schoolchildren to bring drinking water into the classroom. Doing so may improve their overall health and positively impact their academic performance. The Education Secretary, Charles Clarke, stated: "Pupils should be permitted to carry water with them and consumption encouraged both in class and during break and lunch time" (Lightfoot, 2004).

The main concern that school boards have in allowing students to enter the classroom with water is that some may decide to add alcohol. The General Secretary of the Secondary Head's Association, John Dunford, expressed these doubts by saying, "Things can happen with water – and not just accidents" (Lightfoot, 2004). He emphasized the necessity to examine the water students

might bring to their classes. Another concern is the likelihood of spillages. Students and their books, papers, and electronic devices might get wet.

After taking into consideration students' overall physical health and academic needs, the decision to allow students to consume water in the classroom has been made; thus, bringing bottled water to school is now seen as a commonly accepted practice. However, school principals do not allow children to bring fizzy drinks into the educational establishments because of their sugary contents and potentially harmful chemicals. The school administration and staff continue to encourage healthy habits for their students.

References

Lightfoot, L. (2004). School told to let pupils take water into lessons. *The Telegraph*.