

## THE POSITIVE EFFECTS OF DRINKING WATER IN SCHOOL

by:

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Nowadays, our body needs to be hydrated especially inside the school where there is a small classroom and there is a lack of ventilation. Drinking water is necessary for hydration as well as in general health, fitness, and cognitive function that students need in school to perform, being hydrated is very important in today's environment for a fully functioning immune system.

According to a recent UNICEF study, just 53% of schools in less developed nations and other low-income countries have access to appropriate water facilities, indicating a gap in access to year-round, dependable, and safe water supply in enough quantity to accommodate the needs of children. Two studies assessing the frequency of dehydration among students living in hot, dry environments discovered that almost two-thirds of the children were suffering from moderate to severe dehydration.

Here are some of the effects of drinking water in school that helps students in their academic performance.

Water improves concentration. Our academic achievement is depending on our cognitive skills and concentration. Thus, water provides energy to our brain and washes away toxins, allowing it to function at its best.

Water boosts physical endurance. Water drinking improves overall body functioning by increasing strength, power, and stamina. Hydration is important for everyone who participates in sports and physical activities.

Water improves your mood. Water stimulates hormone and neurotransmitter production in our brain. It has an effect on whether we feel calm, energized, and focused, or anxious, dissatisfied, and fatigued. It is important to keep hydrated at all times since it makes you more stress-resistant and calm most of the time.

Water helps in the detoxification of our bodies. Drinking enough of water helps our bodies get rid of toxins more effectively, which improves overall body functions. And getting rid of toxins improves overall health by enhancing physical condition, mental functioning, and preventing serious health concerns.

Getting adequate water into our body improves memory, focus, physical stamina, and academic achievement. So, depending on what our bodies require, drink eight glasses of water each day or more.

*References:*

[https://www.academia.edu/14078031/Effects\\_of\\_Water\\_on\\_Student\\_Performance#:~:text=These%20results%20indicate%20that%20even,having%20a%20drink%20of%20water.&text=There%20is%20general%20consensus%20that%20drinking%20water%20facilitates%20certain%20cognitive%20processes.](https://www.academia.edu/14078031/Effects_of_Water_on_Student_Performance#:~:text=These%20results%20indicate%20that%20even,having%20a%20drink%20of%20water.&text=There%20is%20general%20consensus%20that%20drinking%20water%20facilitates%20certain%20cognitive%20processes.)