



Water Wizards

THEMES

Wow, it's nearly school holidays again - how time flies when you're having Wizardry fun! We've got a bumper episode for you this term, with details below on World Environment Day, and some cool facts on how much your body loves that magical potion called water!

Over the page check out *Wrench*, and see if you were lucky enough to be one of our term one winners! Keep your entries coming in this term too, the Code Breaker is an absolute cracker!

Until next time ...

The Water Wizard



WORLD ENVIRONMENT DAY

The United Nations Environment Programme presented World Environment Day on 5 June 2013. The theme for this year's event was *Think. Eat. Save.*

The theme is an anti-food waste and food loss campaign against the 1.3 billion tonnes of food wasted each year. That amount of food is equivalent to all the food produced in the whole of sub-Saharan Africa.

For more information visit:
www.unep.org/wed



THINK • EAT • SAVE
WORLD ENVIRONMENT
DAY 5 JUNE

Source: www.unep.org/wed

Did you know?

- Our bodies are more than half water! The human body is between 50 – 70% water. For babies, this figure can be as high as 75% (or $\frac{3}{4}$) of their body weight! No wonder they have so many wet nappies!
- We can lose about 1.5 litres of fluid every day, more or less depending on the weather and what we are doing. We lose fluid from our bodies through sweating, peeing (and pooping) and just breathing out!
- If we don't get enough fluid we can become dehydrated, which can mean headaches, feeling sick and, if you get really bad, vomiting.
- Being well hydrated is important to your performance – not just physical performance but your mental performance. Hydration is so important to athletes that they learn to keep track of how much they need to make sure they perform at their best.
- Water is the best drink. Sweet drinks such as soft drink and fruit juice stick to your teeth and lead to tooth decay. Also, sweet drinks carry many empty kilojoules which don't add any goodness to your diet.
- Did you know a 300ml glass of soft drink contains about 8 teaspoons of sugar? Treat sweetened drinks with respect and have them only occasionally.

*Information supplied by Marian Cornett,
Community Health Dietitian, South West Healthcare,
a partner agency of South West Healthy Kids*

ONLINE GAMING



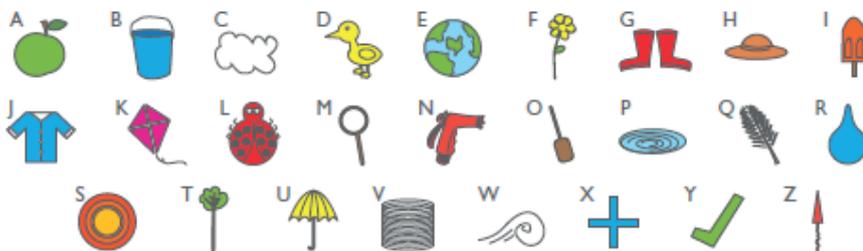
There are leaks all over the city. Help Pete to shut off those leaks with his wrench. Make sure you report leaking pipes and taps as soon as you notice them.

Once you've mastered the first level, why not challenge yourself with the choice of a rusty, normal or shiny wrench, all the way up to level 5!

Play the Wrench game at www.savewater.com.au

CODE BREAKER ACTIVITY

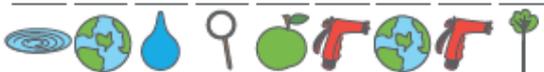
Fill in the blank spaces with letters of the alphabet associated with the symbols below.



1



2



3



Name _____ Phone _____
 Address _____ Age _____
 School _____

COMPETITION WINNERS

To be in the running for a prize pack, complete the activity (left) and send to:

Water Wizards
 Wannon Water
 PO BOX 1158
 Warrnambool
 Vic, 3280

Congratulations to the Term One Winners!

- ★ Jordy Brown
Coleraine Primary School
- ★ Emily Benson
St Joseph's Primary School
- ★ Ollie Dixon
Port Fairy Consolidated
- ★ Cheyenne Kollar
Heywood Consolidated School
- ★ Bella Quadroy
St. Pius X Primary School



By submitting an entry, students agree to having their name and school published in future editions of Water Wizards.