



5735 47th Avenue Sacramento, CA 95824 (916) 643-9042 (916) 643-9049 FAX

For Immediate Release

Contact: Gabe Ross
(916) 643-9145
gabe-ross@scusd.edu

SCUSD to unveil 'hydration station' to highlight water access issues tomorrow

Station will help kids learn about the importance of staying hydrated with clean, safe water

September 27, 2016 (Sacramento): Sacramento City Unified School District officials will join with partners Wednesday (September 28) to unveil a new "hydration station" at Ethel Phillips Elementary School and to kick-off local participation in a statewide campaign.

"Rethink Your Drink" is aimed at building awareness of the importance of helping students opt for clean, safe water over sugary beverages. SCUSD's partners in the campaign include United Way, Sacramento County Department of Human Assistance and Sacramento Chinese Community Service Center.

"Childhood obesity is a real epidemic in our country and teaching kids about alternatives to soda and sports drinks can help them avoid health problems in the future," said SCUSD Superintendent José L. Banda. "We are thrilled to partner with such great organizations on this work to help our students learn and grow."

Research shows that students who stay properly hydrated during the school day remain more attentive in class and can better focus on academics. During Wednesday's unveiling, the county will hand out 1,000 water bottles to Ethel Phillips students. Students will be asked to sign pledge cards vowing to drink more water. Winners of the "Rethink Your Drink" student art contest will also be revealed.

- **WHAT:** Hydration Station Unveiling to Promote Clean Water Access
- **WHEN:** 9 a.m. to 10 a.m. on Wednesday, September 28

- **WHERE:** Ethel Phillips Elementary School, 2930 21st Ave., Sacramento (in the cafeteria)
- **WHO:** Sacramento County Supervisor Phil Serna, SCUSD Board Member Jessie Ryan, United Way California Capital Region Senior Vice President Tom Bennett, students and others

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