



Balaclava Elementary School

280 10TH CONCESSION
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PRINCIPAL: Susan Neville
VICE-PRINCIPAL:

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Dear Parents/Guardians:

Recent testing of the Balaclava Elementary School water supply indicates the sodium concentration in the drinking water is 89 milligrams per litre (mg/L) of water. This is above the recommended sodium level of 20 mg/L in drinking water.

Provincial drinking water regulations require that the sodium concentrations in drinking water be tested by water system owners every five years. If sodium concentrations exceed 20 mg/L, they must be reported to the local Medical Officer of Health who has directed us to inform the users.

Hamilton Public Health Services does not consider these levels of sodium to be a health risk to the general user of the Balaclava Elementary School water supply, however, individuals who have hypertension (high blood pressure) or congestive heart failure, or are following a sodium restricted diet for health reasons should consider using an alternate supply of drinking water until they have discussed these sodium test results with their doctor.

Sodium intake and health

Sodium is found in many common foods and in water. If you are following a sodium restricted diet, all sources of sodium need to be considered.

Health Canada provides daily maximum levels of sodium intake from all sources that will not pose a risk of adverse health effects for the general public:

- 1500 milligrams for children aged 1-3 years;
- 1900 milligrams for children aged 4-8 years; and
- 2300 milligrams for those aged 9 years and up.

Health Canada. Canadian Nutrient File. 2012

<http://webprod3.hc-sc.gc.ca/cnf-fce/start-debuter.do?lang=eng>

Food	Sodium (mg)	Food	Sodium (mg)
8 baby carrots	62	1-2% Plain yogurt, 175 ml	127
Hot dog	670	Cheddar Cheese, 50 g	310
Whole wheat bread, 1 slice	165	Haddock, baked or broiled, 75 g	65
Toasted oats cereal, 1 cup	171	Egg, 1	63
1% milk, 1 cup	113	Salt, 1 tsp	2373

To speak to a Registered Dietitian regarding sodium in food please call Eat Right Ontario at 1-877-510-5102 Mondays to Fridays 8:30am-4:30pm.

Please contact Susan Neville, Principal for questions regarding the school drinking water system.