Dear parent(s),

Adopting and maintaining the habit of drinking water throughout the day is essential to ensure proper hydration. That is particularly important for children during the summer months, as the heat increases water loss and the risk of dehydration. That is why our camp is taking part in the *Thirsty for Health!* Campaign, which encourages campers to drink more water and make it a regular habit.

From **July 3th to 7th 2023** inclusively, **your child is invited to take up the** [***Tchin-tchin Challenge in my camp***](http://www.thirstyforhealth.ca/camp). Each day during break times, campers will enjoy a fun, friendly moment to have a drink of water together. Various activities on the theme of water and hydration are also planned. To take part in these activities, **your child must bring a water bottle each day**.

As part of the *Tchin-tchin Challenge in my camp*, campers will drink water together at lunchtime. Therefore, you may consider water to be the accompanying drink for your child’s lunch, if you wish. The addition of other beverages is of course allowed, but not necessary.

To facilitate your child’s safe and healthy hydration for the *Challenge* and throughout the summer:

* Pack at least two water bottles, clearly labeled with your child's name. You can freeze one the night before so that the water stays fresh all day.
* Clean your water bottles well with soap every day.

During this week (and throughout the year), we encourage kids and their families to enjoy water. Visit the *Thirsty for Health!* website at [**thirstyforhealth.ca/home**](http://www.thirstyforhealth.ca/home) for some simple ideas for making water a part of your daily life.

Thank you for your support and commitment,

The summer camp team