



Dear Parents,

Every year, during the last week of March, is a great opportunity to celebrate the importance of water, along with Canadian Water Week and World Water Day (March 22) events.

To highlight the importance of this valuable resource, your school will be participating in the *Tchín-Tchín Challenge*. The goals are to promote water as the best type of liquid to drink for hydration, along with its many other health benefits. Children will learn healthy self-care water habits, while participating in fun activities.

For an entire week, your child will take part in the *Challenge*, which means bringing a water bottle in his lunch box. Various water themed activities are planned, including a collective *Tchín-Tchín* by raising their water bottle, during lunch period.

We encourage you to incorporate drinking water at home during mealtimes. You will find some simple ideas (including flavoured water recipes) to help increase daily water consumption, by visiting thirstyforhealth.ca/school.

Thanking you in advance for your commitment and support,

The Team

With the contribution of :

