



Dear parents of Walking students,

To highlight the *Canadian Water Week* and *World Water Day* events, your child's school will be participating in the *Tchín-Tchín Challenge*, taking place the last week of March. The main goals are to promote water as the best liquid drink to stay hydrated and promote healthy self-care water habits, while engaging in fun activities.

Since the *Challenge* will take place during lunchtime, we encourage parents to partake at home. **Throughout the week, we encourage you to serve water to yourself and your child during mealtimes, taking part in the *Tchín-tchín* together, as a family.** This simple gesture is meant to be educational, in order to value the consumption of water.

Towards the end of the week, to celebrate your child's participation in the *Tchín-tchín Challenge*, you can download and personalize the participation certificate at thirstyforhealth/home. You will also find some great and simple ideas to inspire daily water consumption at home (including flavored water recipes).

As parents, you will be playing a key role in helping to support and promote your child's healthy hydration habits, which may potentially follow them throughout their life, contributing to their overall health.

We hope you have a pleasant *Tchín-Tchín* experience with your child.

The *Tchín-tchín Challenge* is a joint initiative of the *Association québécoise de la garde scolaire* (AQGS) and the Association de la santé publique du Québec (ASPQ).

With the contribution of :
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