



TAKE THE *TCHIN-TCHIN* CHALLENGE!

The *Tchin-tchin Challenge* is an awareness raising activity that encourages kindergarten and elementary school students to drink water during school lunches. The *Challenge* takes place during the last week of March.

How to participate?

- To take part in the *Challenge*, students will be asked to bring a water bottle in their lunch boxes daily during the last week of March.
- Schools wishing to participate in the *Tchin-tchin Challenge* must register via the link soifdesante.ca/ecole.

Registration is limited to one entry per school. Daycare educators and Lunchtime monitors who register will receive student participation prizes.

Free downloadable tools

All *Tchin-Tchin Challenge* related tools are free of charge and available via the link soifdesante.ca/ecole.

- Printable 8.5 x 11 posters
- Information letter templates for:
 - ◊ school Principals
 - ◊ parents
- Printable personalized participation certificates
- Two *Tchin-tchin* activity kits achievable throughout the day, including a colouring section.
- A guide booklet to help assist in producing and implementing winning conditions for the *Challenge*.

The **I'm Thirsty for Health!** Website contains many additional complementary tools to encourage children's water consumption.





Suggested Activity Plan

Each Daycare educators and Lunchtime monitors can adapt and implement the challenge based on their needs and situation; however here is what we propose;

BEFORE THE CHALLENGE

- 1- Inform all administrators and staff about the schools' participation in the *Tchin-tchin Challenge*.
- 2- Read the guide booklet regarding the *Tchin-tchin Challenge*.
- 3- Print and display the poster announcement for the upcoming *Tchin-tchin Challenge* in dining areas and the daycare.
- 4- Send a letter or memo to parents informing them that their children will take part in the *Tchin-tchin Challenge*.
- 5- On Friday prior to the challenge, give children a verbal reminder to bring a water bottle in their lunch box for Monday.
- 6- If water is unavailable in the dining area, provide a pitcher of water and glasses for students who forgot to bring a bottle.

DURING THE CHALLENGE - THE LAST WEEK OF MARCH

- 1- At the beginning lunchtime (or during optimum meal times) have students take their water bottle out of their lunch boxes.
- 2- Provide glasses of water to students who forgot their water bottles, to allow them to participate in *Tchin-tchin Challenge*.
- 3- Tell students to lift their water bottles, look into the eyes of their fellow students around the table while saying "*Tchin-tchin*".

IMPORTANT : To set a good and positive example, all school educators and staff are invited to bring their own water bottle and participate in the *Tchin-tchin* with the students.

CHALLENGE CLOSURE – THE FRIDAY

- 1- Give each child a personalized participation certificate.
- 2- Display the school participation certificate.
- 3- Encourage students to maintain the healthy habit throughout the year (Remember to be a good role model!).
- 4- You are invited to continue the *Tchin-tchin Challenge* until the end of the year, with the *Tchin-tchin Champions*, and discover other tools to promote healthy hydration. To find out more, soifdesante.ca/ecole.

IMPORTANT : The *Tchin-tchin Challenge* is an opportunity that emphasizes the importance of including water in lunchboxes, without limiting the presences of other drinks.

For more information, contact the Association pour la santé publique du Québec

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soifdesante.ca/en

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AQGS: 1-800-363-0592



Scan this QR code to discover the *Tchin-Tchin Challenge*!

THE TCHIN-TCHIN CHALLENGE IS A JOIN INITIATIVE BETWEEN THE ASSOCIATION QUÉBÉCOISE DE LA GARDE SCOLAIRE AND THE ASSOCIATION POUR LA SANTÉ PUBLIQUE DU QUÉBEC.

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Have a great Challenge week!

With the contribution of :



Thirsty for Health!