

WINNING CONDITIONS
TO TAKE UP THE

Tchin-tchin Challenge

HANDBOOK



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Une initiative parrainée par l'Association pour la santé publique du Québec

HANDBOOK GUIDE FOR THE *TCHIN TCHIN* CHALLENGE



Recipients

This guide is intended primarily for school daycare staff and lunchtime' supervisors, as well as any other school staff willing to help promote children's healthy hydration habits.

Handbook objectives:

- Support the creation of a positive environment for a successful *Tchin-tchin Challenge*.
- Share key promoting ideas for effective healthy hydration among students.

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7 WINNING CONDITIONS FOR A MEMORABLE AND SUPPORTIVE CHALLENGE

The success of the Tchín-tchín Challenge is based on enjoyment and your involvement!

1. Focus on positive messages

You play a key role in the *Challenge's* success. Your encouragement contributes to the motivation along with a student's pride. In addition, **positive interventions that emphasize the benefits of a behaviour** (especially drinking water), are more likely to be effective in promoting the adoption of healthy lifestyles^{1,2}. Thus, highlighting the feeling of well being when consuming water is a winning strategy for developing the thinking reflex to drink more water.

Positive Messages

- Drinking water helps you feel great.
- Water is the body's favourite beverage.
- We need to drink several glasses of water a day.
- Water quenches our thirst.
- Drinking water is refreshing when it's hot out.
- Drinking water helps to concentrate.
- Choosing tap water is good for the planet!
- Etc.

To avoid – negative messages

- Not drinking water will make you sick..
- Drink water or die
- Juice is bad. It's full of sugar!
- No juice!
- If you don't drink water, you will have difficulty in class.
- Etc

2. Be a role model for healthy hydration

Students like you and observe you. Take pleasure in drinking water and try, during the *Challenge*, to select this beverage over others. Take part in the *Tchín-tchín Challenge* yourself! For more tips, check out the tool *Be a role model with pride* at thirstyforhealth.ca/school.



Layla Anas group,
Adélarde-Desrosiers School,
Tchín-tchín Challenge 2018

3. .Enjoy yourself!

Pleasure is an essential element for acquiring healthy habits.

Take part in the *Tchin-tchin* along with student activities. Add your own style or a drop of flamboyance. For example, even if you always toast with water (glass or water bottle), you can create your own unique way of performing this gesture:

- place students in a queue and have them take turns toasting with you, before toasting in their spot
- toast in small groups, the higher the better or try to do it with a friend by being back to back;
- say a unique word or sentence before drinking
- do the *Tchin-tchin* in different languages, spoke by the children or not:
 - ◇ Santé! (French)
 - ◇ Prost! (German)
 - ◇ Salud (Spanish)
 - ◇ Kampai! (Japanese)

4. Trust the human body

Staying hydrated throughout the day is important. To achieve this, no need to calculate what you drink. If you don't drink enough, the body will send different signals^{3,4}:

- feeling thirsty;
- dry mouth;
- darker urine or in small amount;
- headache;
- concentration difficulties;
- weakness/fatigue.

Encourage children to recognize these signals and to listen to their bodies. You can create little reminders to encourage them to take little sips of water regularly, just make sure you don't force them.

IMPORTANT

Competitions or contests based on the quantity of water consumed (counting the number of glasses, rewards for the biggest drinkers, games where you have to drink water often and back to back consumption etc.) are practices to avoid. Without realizing it, making children drink under pressure, they can experience the inconveniences associated with too much water consumption (discomfort and more frequent urination). In extreme cases, drinking too much water in a short period of time can even be risky⁵. Therefore, we want to prevent highly competitive children from over exaggerating their water consumption.

If posting the number of water bottle or glasses is visually more motivating for some students, it is better to focus on other goals and achievements by group or school. For example, you can count the number of students who thought to bring their water bottle at least four lunchtimes out of five during the *Challenge* or the number of *Tchin-tchin* raised during the school year.

5. Create a wave of water promotion in schools

To make the most out of the *Tchin-tchin Challenge*, it is essential to be well prepared. Consult the appendix to facilitate your planning. Invite school team members to participate in the *Tchin-tchin Challenge* and to valorize water (teachers, management, support staff, school stakeholders, lunchtime service staff, etc.).

IDEAS TO ENGAGE SCHOOL AROUND THE TCHIN-TCHIN CHALLENGE



- Carry out certain *Tchin-tchin* activities in collaboration with teachers or specialists (activities such as; *A tempting offer* or *H₂WOW*, from the *Tchin-tchin – healthy hydration* activity kit are good ones to share);
- Invite other school team members to do a *Tchin-tchin* during lunchtime with students or participate in a special activity to celebrate World Water Day or at the end of the *Challenge*;
- Offer flavoured water in classrooms or invite teachers to visit the daycare with students to discover new water flavours;
- Put promotional *Challenge* posters in various locations around the school;
- Forward the infographic *For a school environment promoting water consumption* (thirstyforhealth.ca/school) to management to ensure messages consistency towards students. For example, make sure the teacher allows water bottles in classrooms at a predefined location.
- Decorate school fountains (see the *For the love of freshwater* activity at thirstyforhealth.ca and *H₂Wow* from the *Tchin-tchin – healthy hydration* activity kit).



Available at
www.gardescolaire.org/aqgs/projets/defitchintchin/
and at
thirstyforhealth.ca/school

6. Involve parents

Did you know that students are more likely to adopt healthy lifestyle habits when their parents are involved⁶?

SUGGESTIONS TO GET PARENTS INVOLVED

Before the Challenge:

- hand out or send letters to parents and provide the tool *Ideas For Drinking More Water*;
- offer the possibility to the *Parent Participation Organization (PPO)* to plan an activity on water, to contribute in planned activities or to encourage the use of water fountains;
- remind parents to put water bottles in their child's lunch box to participate in the *Challenge*.

During the Challenge:

- Invite parents to a student activity presentation, such as:
 - ◊ *A tempting offer*, so that students can praise water to parents (*Tchin-tchin – healthy hydration* activity kit);
 - ◊ *Tchin-tchin Chefs* or *Mouth watering*, to help parents discover flavoured water recipes (*Tchin-tchin – healthy hydration* activity kit);
- Encourage parents (via e-mail, discussion, social networks of the school, etc.) to also participate in the *Tchin-tchin* as a family, with water, during mealtimes and have them consult the *I'm thirsty for health!* Campaign tools, designed especially for them, at thirstyforhealth.ca/home.



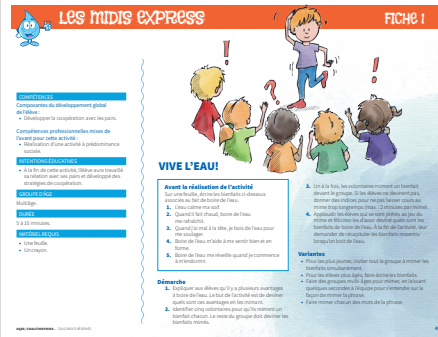
Available at
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7. Maximize the impact of the *Tchin-tchin* activities!

Complementary to the *Challenge*, inventive, educational and fun activities are offered to reinforce the importance of water consumption to students. They are regrouped into two kits offering activities on healthy hydration or active games based on a water theme.

The proposed activities are diversified, independent of each other, and are adaptable according to the different variables and are achievable throughout the various time of day. Based on your needs and the number of student personalities any activity from our kits is modifiable. Refer to the kits ahead of time to get inspired. Take advantage of our friendly tips to help plan all your water related activities.





Friendly Tips

«I only have small time periods to play: can I still do the activities?»

No problem! At the beginning of the *Tchin-tchin - healthy hydration* activity kit you'll find the *Lunch express*. Lasting between five to 10 minutes, these activities are practical, practical at noontime or to ensure quick transitions between two activities.

«I look after older students. Do you have ideas to help motivate them to participate?»

For the *Tchin-tchin* at noontime, it's possible to vary the way you do the toasts. Also, at the end of each *Tchin-tchin* activity, you will find suggestions for variations. These will allow other possibilities; increase the level of difficulty or adapt the activity to this age group. You can also use the student creativity to help find new goals or alter the activity. You can also invite them to animate an activity for the younger students.

«I'd like to do at least one activity every day. How can I reduce my preparation time?»

To help implement and coordinate the activities, you can:

- pair more than one daycare service group in the same activity, to assist with the implementation of a co-animated or shared activity;
- invite parents (from the PPO) or the volunteers to participate in the preparation or do an animation of a pre-determined activity;
- organize a large active game by changing the rules, in order to create multi-age teams.

«I won't have enough time to complete all the activities from the kit during the week of Challenge.»

It's normal! A wide range of activities is available to meet different interests and educational objectives. Luckily, the opportunities to achieve them are not limited to the month of March and they can remain relevant throughout the year. To take full advantage, you can:

- select *Tchin-tchin* activities to create a pedagogical day under the theme of water;
- plan to implement certain activities during other times throughout the year (e.g. Physical Activity Month in May, Water Month in June). For suggestions, see the Appendix «Preparing for the Challenge»;
- share activities with other school team members to maximize the synergy and immersion of students in the water theme. Some activities can be done in class and adapted to develop various skills from the Québec Education Program.

TIPS FOR WATER BOTTLE MAINTENANCE

Although there is no scientific consensus on water bottle maintenance, at minimum, they should be rinsed out daily and let to drip dry. Weekly, they should be hand washed with hot soapy water.

Maintain the achievements after the *Challenge*!

In order to anchor good water drinking habits, it's suggested to continue promoting water until the end of the year, by determining a specific time or one day during the week to do the *Tchin-tchin* (for example, every Wednesday).

To achieve this, randomly choose one student per week, from your group to become a *Tchin-tchin Champion*. This student will be responsible for promoting water and lead the weekly *Challenge* with their classmates.

The *Champion's* mission is to:

- remind students to bring their water bottles to school one day prior to the weekly *Challenge*;
- encourage peers to participate;
- bring a glass or a pitcher of water for students who forgot their water bottles, during the *Tchin-tchin* moment;
- start the *Tchin-tchin* once authorized by the educator or supervisor.

It's recommended that you provide a specific *Tchin-tchin* location within the daycare service room or near water fountains, where the drawings are located, the material created by the students along with the *Tchin-tchin* promotion material, to help think about the *Challenge* until the end of the year. .

Some variation:

- involve cycle 3 students, role models for the younger students, so they can become *Champions* during lunchtime;
- in June, revive water promotion in your school by doing it during the Water Month event. With the summer heat approaching, it is a great opportunity to bring back the *Tchin-tchin* and raise students' awareness of the importance of drinking water; integrate the *Tchin-tchin Challenge* or *Tchin-tchin* activities in your school program!



Do you know that children are more vulnerable to hot weather?

Their bodies are less able to control temperature changes.. This is why, in times of extreme heat and humidity, students should be encouraged to drink water every 20 minutes⁷. For more information, visit www.quebec.ca/en/health/advice-and-prevention/health-and-environment/preventing-the-effects-of-oppressive-and-extreme-heat/.



Good to know

Water: the star of the *Challenge*

Water is the best beverage for hydration. It should be the main beverage of the day and taken in larger quantity than other beverages. To ensure it remains the key focus, the lunchtime *Tchin-tchin* can always be achieved with water bottles and glasses filled with water.

Areas for other beverages

In order to provide positive reinforcement, the *Tchin-tchin Challenge* is a great opportunity to promote the presence of water in lunch boxes, without prohibiting other beverages. On the one hand, the choice of drink served in the lunch box belongs to the parent. On the other hand, a ban (e.g. withdrawal, warning, depreciation, etc.) can reinforce the desire and appeal of the restricted food⁶.

Although sugary drinks* are not directly targeted by this campaign, adding a water bottle in lunch boxes sometimes results in a withdrawal for other drinks, due to available space or the conscience awareness that water is enough.

* In having a healthy lifestyle, sugary drinks (e.g. soft drinks, vitamin waters, iced tea, sports drinks, flavoured milks, sugary vegetable drinks, fruit punch and cocktails, etc.) are to be avoided or only consumed on exception. Pure fruit juice consumption should also be limited to a maximum of 125 mL per day (1/2 cup) for children⁸. If your daycare service offers sugary drinks, at events, activities or for snacks, take this opportunity to review your practices. To help with this process, you can consult the site liquidsugar.ca or the tool **Qu'est ce qu'on boit?** (only available in French) from AQGS and Extenso.

APPENDIX

Prepare for the *Challenge*

The *Tchin-tchin Challenge* takes place during the **third week of March**, on the occasion of Canadian Water Week.

To make sure you don't miss out and enjoy the *Challenge* to the fullest, here are some opportunities to that you can integrate into your annual planning!




<p>From October 1st to the last Friday of February</p>	<ul style="list-style-type: none">• Submit the letter to the management.• Register your school for the <i>Challenge</i>*<ul style="list-style-type: none">◊ Introduce the <i>Challenge</i> to management, to daycare educators and to the lunchtime supervisors to survey their interest in participating. If needed, letter templates are available.◊ Complete the online form. <p>* Only one registration per school is allowed. You can modify your registration by contacting us (see our contact information at the end of this guide). If the lunchtime service and the walkers participate, they must be included in the total of number of participants in order for them to receive their participation gifts.</p>
<p>January and February</p> <p>For Valentine's Day celebration</p>	<ul style="list-style-type: none">• Download the tools, print as needed and plan the <i>Challenge</i> and the <i>Tchin-tchin</i> activities, which take place the third week of March and the rest of the year (<i>Tchin-tchin Champions</i>, Water Month, Month of Physical Activity).• Notify the governing board of the school's participation in the <i>Tchin-tchin Challenge</i> and the upcoming activities. To maximize the educational value and to maintain healthy hydration habits in the long-term, please refer to Infographics <i>For a school environment promoting water consumption</i> and a resolution template for achieving it at thirstyforhealth.ca.ca/school.• Propose to the Parent Participation Organization (PPO) to get involved in a water promotion activity as part of the <i>Challenge</i> (e.g. flavoured water tasting, present students' achievements at school, etc.).• Carry out the preparatory activity for <i>For the love of freshwater</i>.



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Beginning of March	<ul style="list-style-type: none">Place the <i>Challenge's</i> promotional posters in the school.
Monday prior to the Challenge (second week of March)	<ul style="list-style-type: none">Plan an e-mail or print the letters and the tool <i>Ideas for drinking more water</i> for :<ul style="list-style-type: none">◇ parents of students lunching at school;◇ the parents of walkers. 
Thursday or Friday before the Challenge	<ul style="list-style-type: none">Send or give the letters to parents and the tool <i>Ideas for drinking more water</i>;Send a reminder of the <i>Tchin-tchin Challenge</i> to students and parents. 
Third week of March (week of the Tchin-Tchin Challenge) March 22	<ul style="list-style-type: none">Toast with students, do the activities at the daycare center or in different contexts, enjoy yourself and become a role model for promoting healthy hydration.Highlight Water World Day with a special activity involving the entire school.
April to June	<ul style="list-style-type: none">Continue the water promotion activities with <i>Tchin-tchin Champions</i>.Take opportunities to remind the importance of drinking water (e.g. add <i>Tchin-tchin</i> breaks where you're all toasting together after active game during the physical Activity Month in May, during the first heat wave, etc.).During the Quebec School Daycare's Week, in May, thank the educator staff for their participation as role model for healthy hydration. 
June	<ul style="list-style-type: none">Highlight Quebec Water Month with an activity or a giant <i>Tchin-tchin</i>.

Do you want to implement the *Tchin-tchin Challenge* before or after the third week of March? It's possible! The *Challenge* is flexible and the promotional and educational tools are available all year round. However, gifts and prize draws are only available in March as part of the registration to mark *Canadian Water Week*.





About the Tchin-tchin Challenge

In the third week of March, for the Canadian Water Week, preschool and elementary school students are invited to take part in the *Tchin-tchin Challenge* with school daycare and lunchtime staff and, in the case of walkers, their parents. This festive *Challenge* proposes to make sure water accompanies lunchtime and student toast together.

It includes free tools:

- promotional posters;
- a *Tchin-tchin Challenge* activity kit;
- coloring pages;
- personalized participation certificates for students and school participants;
- letter templates to inform management, school team members, and parents;
- tips to share with parents.



The *Tchin-tchin Challenge* is a joint initiative of the l'Association québécoise de la garde scolaire (AQGS) and the Quebec Coalition on Weight-Related Problems (Weight Coalition). It is one of the components of the *I'm Thirsty for Health!* Campaign powered by the Weight Coalition in living environments around children, including school.

The *I'm Thirsty for Health!* Campaign, developed by the Weight Coalition, aims to promote healthy hydration by encouraging, normalizing and valuing water consumption. Decision-makers and adults who are in daily contact with children are invited to help inspire them by acting as role models for healthy hydration and making water available and attractive. Complementary tools for the *Tchin-tchin Challenge* are also available free of charge at thirstyforhealth.ca/school.



All material is available for free at www.gardescolaire.org/aqgs/projets/defitchintchin/ and at thirstyforhealth.ca/school

**Share your successes
and highlights
by sending us photos
of your students
in action!**

**That's our greatest
reward!!**

soifdesante@gmail.com

ASSOCIATION QUÉBÉCOISE DE LA GARDE SCOLAIRE

The Association québécoise de la garde scolaire supports the development of school daycare services in Quebec by promoting their complementary role to the school's mission, by representing their interests and by helping with the professional development of their staff.

For more information, www.gardescolaire.org



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Une initiative parrainée par l'Association pour la santé publique du Québec

COALITION QUÉBÉCOISE SUR LA PROBLÉMATIQUE DU POIDS (WEIGHT COALITION)

Created in 2006 and sponsored by the Association pour la santé publique du Québec since 2008, the Weight Coalition brings together many partners, which advocate for the adoption of public policies to foster the implementation of environments that facilitate healthy choices and the prevention of weight problems.

For more information, visit, cqpp.qc.ca/en

**If you have any questions, contact the Weight Coalition
at 514-598-8058 or soifdesante@gmail.com.**

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