



Dear Parents,

Every year, during the third 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 *Tchin-Tchin 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



The *Tchin-tchin Challenge* is a joint initiative of the Association québécoise de la garde scolaire (AQGS) and the Collectif Vital.