



Dear parents,

March, Nutrition Month, is the perfect time to celebrate water, especially with Canadian Water Week and World Water Day on March 22.

To highlight the importance of this precious resource, we will be taking part in the Mr Fun Water Challenge with the children from **March 23 to 27, 2026**. This initiative aims to promote water as the best drink for staying hydrated and taking care of one's health, all while having fun.

During that week, **your child will take on the Challenge** by participating in various water themed activities, including a collective "Cheers" at lunchtime, where the children will raise their glass of water together. To learn more about the Challenge, please visit <https://soifdesante.ca/en/mrfunwater-challenge>.

At home, you can also join in by toasting with water during meals. You will also find a few simple ideas, including fruit infused water recipes, to help make more room for water in your daily routine at thirstyforhealth.ca/home.

Thank you in advance for your support and involvement.

The team

The *Mr. FunWater Challenge* is an initiative of the Weight Coalition as part of *I'm Thirsty for Health!* campaign, which aims to promote healthy hydration by encouraging, normalizing and promoting water consumption.

En partenariat avec :



J'ai soif de santé!