



Dear Principal,

Your school is invited to participate in the *Tchin-tchin Challenge*, a joint initiative of the *Association québécoise de la garde scolaire (AQGS)* and the *Collectif Vital*. The goals of this *Challenge* are to promote water as the best type of liquid to drink for hydration and encourage healthy self-care water habits while participating in fun activities.

During the third week of March, in conjunction with Canadian Water Week and World Water Day, students will celebrate water by participating in the *Tchin-Tchin Challenge*. For an entire week, they will bring a water bottle in their lunch boxes, every day, and everyone will drink together during the lunchtime period. This will also include:

- *Tchin-tchin Activity Kits* for Daycare;
- a User-Guide;
- suggestions for parents;
- promotional material and much more!

At the end of the *Challenge*, a draw of numerous participation prizes will take place among all registered schools. We invite you to include all students presence in the *Challenge* (those that walk to school, and during lunchtime period) and all the personal, this will help to create a motivating, dynamic and fun school project.

The joint activities of the *Challenge* were originally designed for daycares; however, we encourage you to share them with the teachers. We invite the Physical Education and Health teachers to look over the educational activities on healthy ways to hydration. Check out our free tools to help your school understand the value of water consumption at thirstyforhealth.ca/school.

Finally, to help you promote the *Challenge* in your community, a press release template will be offered to you for later distribution in your local newspapers. To facilitate your work, you will also receive the contact list of journalists in your respective regions.

Thanking you in advance for your commitment and support and please do not hesitate to contact us if you required any additional information.

Diane Miron, President and Executive Director of AQGS
Corinne Voyer, Director of Weight Coalition