



Dear Parents,

Every year, March 22 is the occasion to celebrate World Water Day.

Everywhere on the planet, we take advantage of this moment to emphasize the importance of this precious resource in our lives. In Canada, we mark the event the third week of March, during Canadian Water Week.

This year, your daycare service will participate in the awareness campaign. Thirsty for health promote water as the best drink to hydrate and take care of our health. Different activities on the theme of water are planned. Among these, your child is invited to take part in the "Tchin-tchin Challenge", from 19 to March 23, 2018 inclusive, bringing a water bottle in his lunch box.

Students will receive a certificate of participation and will be eligible for the draw of a gourd in limited edition.

During this Canadian Water Week (and year-round!), we will encourage students and their families to take a liking to water. You will find some ideas of simple gestures that can be applied at home to make more room for water daily at this address: [www.gardescolaire.org/aqgs/projets/jai-soif-de-sante](http://www.gardescolaire.org/aqgs/projets/jai-soif-de-sante)

Thanking you in advance for your commitment and support,

The daycare team

*The Thirsty for health campaign and its Tchin-tchin Challenge are a joint initiative of the l'Association québécoise de la garde scolaire et de la Coalition québécoise sur la problématique du poids..*

