



TAKE THE TCHIN-TCHIN CHALLENGE MARCH 19TH TO 23RD, 2018!

The *Tchin-tchin Challenge* is an awareness raising activity that encourages kindergarten and elementary school children to drink water with their lunches.

How to take part

- **From March 19th to 23rd inclusively**, children will be asked to bring a **water bottle** in their lunch boxes daily.
- Each daycare wanting to take part in the *Tchin-tchin Challenge* must register with “Association québécoise de la garde scolaire” **prior to Wednesday February 28th at 18h00**. Registration forms are available at <https://fr.surveymonkey.com/r/MQQT8TT>.
- ◇ All *Tchin-tchin Challenge* tools are available free of charge at the following website of “Association québécoise de la garde scolaire” www.gardescolaire.org/aqgs/projets/jai-soif-de-sante/:
 - A printable 8 ½ X 11 poster.
 - A model information letter for school administrators.
 - A model information letter for parents.
 - A document with ideas for drinking more water catered specifically to parents.
 - Printable participation certificates that can be personalized.
 - Water bottle prize drawing ¹.
- ◇ Two healthy hydration activity kits, complements of the *Challenge* are also available.



¹ The number of water bottles provided will depend on the number of students in the after-school program facilitator and the number of registrations. Participating after-school program facilitator will be informed after the registration closes.



**FOR MORE INFORMATION,
CONTACT
L'ASSOCIATION
DE LA GARDE SCOLAIRE
AT 1 800 363-0592.**

THE *TCHIN-TCHIN CHALLENGE* IS
AN INITIATIVE OF **ASSOCIATION
QUÉBÉCOISE DE LA GARDE
SCOLAIRE** AND **QUEBEC
COALITION ON WEIGHT-RELATED
PROBLEMS** (COALITION POIDS).



ASSOCIATION QUÉBÉCOISE DE LA GARDE SCOLAIRE
SOUTENIR
REPRÉSENTER
MOBILISER

coalitionpoids
québécoise sur la problématique du

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

*J'ai soif
de santé!*

Rewards for participating children

- Each child participant will receive a participation certificate.
- Reusable limited edition water bottles will be part of a special drawing offered to all the children having engaged in the *Challenge*.

Suggested activity plan

BEFORE THE CHALLENGE

- 1- Inform all administrators and staff about the school's participation in the *Tchin-tchin Challenge*; and, if applicable, the other campaign activities *J'ai soif de santé!* (*I'm thirsty for health!*) from the 19th to the 23rd of March.
- 2- Print and display the posters in the most visible areas of the school and announce the upcoming *Tchin-tchin Challenge*.
- 3- Send a letter or memo to parents informing them their children will take part in the *Tchin-tchin Challenge*.
- 4- If water is not available in the dining area, provide glasses and a pitcher of water for students who forgot to bring a bottle.
- 5- On Friday, March 16th give children a verbal reminder to bring a water bottle in their lunch boxes for Monday.

DURING THE CHALLENGE, FROM THE 19TH TO THE 23RD OF MARCH

- 1- At the beginning of lunchtime (or during optimum meal time), have students take their water bottles out of their lunch boxes.
- 2- Offer glasses of water to children who forgot their water bottles, allow them to participate in the *Tchin-tchin* and encourage the consumption of water to everyone.
- 3- Tell students to lift their water bottles, look into the eyes of the children sitting at the nearby table while saying "*Tchin-tchin*".

IMPORTANT : In order to be a good role model and to set a good example, all educators are highly encouraged to bring their own water bottles and join in the toast. You may decide to lift your water bottle and say "To your health everyone!" before taking a sip.

WHEN THE CHALLENGE ENDS ON THE 23RD OF MARCH

- 1- Give each child a personalized participation certificate.
- 2- Do the prize draw among the students who participated in the *Challenge*.
- 3- Encourage the children to maintain their healthy habit throughout the school year. Remember to be a good example.

IMPORTANT : The *Tchin-tchin Challenge* provides an opportunity to emphasize the importance of including water in lunchboxes. However, other types of drinks will be permitted.

Have a great « Challenge » week!