

Health Challenge

SCHOOL DAYCARE

TAKE UP THE CHALLENGE IN 6 STEPS

1

Personalize and send the letter to parents approximately two weeks before the start of the *Challenge* (week of March 18).

2

Choose your slogan with the students and add it to the poster.

Slogan examples:

- ✓ At Our Lady of Pompeii, we're pumped about active play!
- ✓ At Mount Bruno, we run outside, sun, rain or snow!
- ✓ At Sutton School, healthy snacks rule!

3

Find your educators' challenge and add it to the poster. The students will be excited to see you meet a challenge and it will be fun for you as well! And why not take this opportunity to register for the *Health Challenge* at www.defisante.ca?

Examples of an educators' challenge:

- ✓ Bring healthy snacks to team meetings (every educator prepares a recipe during the *Challenge*).
- ✓ Start a walking or running club to take a healthy break together once a week.

The poster is titled "Health Challenge" and "SCHOOL DAYCARE". It features three cartoon characters at the top right with their respective goals:

- 5 GOAL:** Eat at least 5 servings of fruit and vegetables every day.
- 75 GOAL:** Be active at least 30 minutes a day. Aim for young people, that's at least 60 minutes!
- ZEN GOAL:** Take a moment to relax every day.

The poster includes sections for:

- DAYCARE SERVICE SLOGAN: _____
- THE EDUCATORS' CHALLENGE: _____
- A grid for tracking challenges and activities carried out. The grid has columns for "CHALLENGES" and "ACTIVITIES CARRIED OUT".
- WEEK 1: FROM APRIL 1 TO 5. **ANTS IN THEIR PANTS!** Suggest activities to get moving. (Monday checked)
- WEEK 2: FROM APRIL 8 TO 12. **GOURMET EXPLORERS** Organize activities to discover new fruits or vegetables. (Monday checked)
- WEEK 3: FROM APRIL 15 TO 19. **LET'S PLAY OUTSIDE!** Plan activities to be active outside. (Monday checked)
- WEEK 4: FROM APRIL 22 TO 26. **MEALTIME FUNTIME** Carry out activities related to mealtimes. (Monday checked)
- THROUGHOUT THE HEALTH CHALLENGE MONTH. **ZEN CHALLENGE** Do relaxation activities. (Anytime checked)
- PARENTS' COMMENTS: _____

At the bottom right, there is a logo for the "ÉCOLE DE LA SÉRIOSITÉ" and "SANTÉ SCOLAIRE".

4

Plan and write down the activities carried out every week (see the suggestions on the AQQS website).

5

Make sure the poster is clearly visible so parents can see it and write words of encouragement.

6

Have fun taking up the *Health Challenge*! You can check off the days on which you met the challenge of the week. Don't hesitate to send us a photo or video of the students taking up the weekly challenge at info@defisante.ca!



WOULD YOU LIKE TO WIN AN AMAZING PRIZE?

Participating daycare services have the chance to win:

- ✓ A training session offered by Cardio Plein Air with healthy snacks provided by Capsana (\$2,000 value)
- ✓ Cooking and nutrition workshops offered by Les ateliers cinq épices (\$1,000 value)
- ✓ Sports and recreational equipment offered by CATSPORTS (\$600 value)

To be eligible, all you need to do is [register your daycare service](http://www.gardescolaire.org) by March 1 and take up the *Challenge* with your students in April! The Rules and regulations are available at www.gardescolaire.org.

