

# Health Challenge

SCHOOL DAYCARE



Dear Principal,

Your school's daycare service has been invited to participate in the *Health Challenge*, which will take place from **April 1 to 30, 2019**. This campaign, already very familiar to Quebecers for nearly 15 years, is an annual invitation to everyone, individuals as well as families, to take action to adopt a healthier lifestyle in a fun way! How? By developing the reflexes and skills to eat better, be more active, and focus on their well-being every day!

Every week, educators and their students will take up a fun challenge on different themes related to nutrition, physical activity, or relaxation. The *Health Challenge* in school daycare services is a joint initiative between the Association québécoise de la garde scolaire (AQGS) and Capsana, the organization that initiated the *Challenge*.

Participating daycares have the chance to win one of these amazing prizes:

- ✓ A training session by Cardio Plein Air with healthy snacks provided by Capsana
- ✓ Cooking and nutrition workshops offered by Les ateliers cinq épices
- ✓ Sports and recreational equipment offered by CATSPORTS

A great reward for adopting healthy habits throughout the year!

## MANY TOOLS ARE AVAILABLE

Teams will have access to many tools to support them and inspire them in their endeavour. For example, a poster can be set up near the daycare entrance. This will allow parents to find out which challenges the students will take up and follow their progress. Moreover, they will have the option of writing little words of encouragement to motivate students and the daycare service team to keep up their efforts!

The campaign's informational tools are provided free of charge and can be downloaded on the Association québécoise de la garde scolaire (AQGS) website at [www.gardescolaire.org](http://www.gardescolaire.org).

We thank you in advance for your invaluable collaboration. Please do not hesitate to contact us for more information.

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THE HEALTH CHALLENGE

FOR A FUN AND MOTIVATING HEALTH BOOST!



ASSOCIATION  
QUÉBÉCOISE DE LA  
GARDE SCOLAIRE  
SOUTENIR  
REPRÉSENTER  
MOBILISER