



TAKE THE *TCHIN-TCHIN* CHALLENGE!

The *Tchin-tchin Challenge* is an awareness raising activity that encourages kindergarten and elementary school students to drink water during school lunches. The *Challenge* takes place during the third week of March, along with the Canada Water Week.

How to participate?

- To take part in the *Challenge*, students will be asked to bring a water bottle in their lunch boxes daily during the third week of March.
- Schools wishing to participate in the *Tchin-tchin Challenge* must register via the link soifdesante.ca/ecole or from the Association québécoise de la garde scolaire [Website](#).

Registration is limited to one entry per school. Daycare educators and Lunchtime monitors who register will receive student participation prizes.

Free downloadable tools

All *Tchin-Tchin Challenge* related tools are free of charge and available via the link soifdesante.ca/ecole or from the Association québécoise de la garde scolaire [Website](#).

- Printable 8.5 x 11 posters
- Information letter templates for:
 - ◊ school Principals
 - ◊ parents
- Printable personalized participation certificates
- Two *Tchin-tchin* activity kits achievable throughout the day, including a colouring section.
- A guide booklet to help assist in producing and implementing winning conditions for the *Challenge*.

The **I'm Thirsty for Health!** Website contains many additional complementary tools to encourage children's water consumption.

