

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 16).

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 participate in 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.

4

Plan and write down the activities carried out every week (see the suggestions on the AQGS 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.



WOULD YOU LIKE TO WIN AN AMAZING PRIZE?

Participating daycare services have the chance to win:

- ✓ A training session offered by Cardio Plein Air (\$1,000)
- ✓ Cooking and nutrition workshops offered by Les ateliers cinq épices (\$1,000)
- ✓ Sports and recreational equipment offered by CATSPORTS (2 x \$500)

To be eligible, all you need to do is [register your daycare service](http://www.gardescolaire.org) by March 6 and take up the *Challenge* with your students in April! The Rules and regulations are available at www.gardescolaire.org.

