

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 **March 29 to April 23, 2021**. 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 a \$250 CATSPORTS gift card. A great reward for adopting healthy habits throughout the year!

MANY TOOLS ARE AVAILABLE

As you may know, the 2020 *Health Challenge* had to be cancelled due to the pandemic. It should also be noted that the *Health Challenge* underwent a big change last fall, becoming TOUGO for the general public.

To not be wasteful and to do justice to the materials produced last year, we will be using the same tools and keeping the *Health Challenge* name in 2021. Consequently, we will be asking the daycare service teams to use their best judgement to adapt the activities to the health and safety guidelines related to the COVID-19 pandemic.

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.

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 SOUTENIR
QUÉBÉCOISE DE LA REPRÉSENTER
GARDE SCOLAIRE MOBILISER