

TOUGO CHALLENGE

school daycare



Dear Principal,

Your school's daycare service has been invited to participate in the *TOUGO Challenge*, which will take place from **March 28 to April 22, 2022**. Every week, daycare students will take up a fun challenge on different themes related to nutrition, physical activity, or relaxation. The *TOUGO 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 \$150 CATSPORTS gift card. 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.

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.

Of course, we ask the daycare team to use their judgement to adapt the activities to the COVID-19 security measures.

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

Diane Miron
President and Executive Director, AQGS
diane.miron@gardescolaire.org

Sophie Maisonneuve
Project manager – TOUGO
smaisonneuve@capsana.ca

THE TOUGO CHALLENGE

FOR A FUN AND MOTIVATING HEALTH BOOST!



ASSOCIATION QUÉBÉCOISE DE LA GARDE SCOLAIRE
SOUTENIR
REPRÉSENTER
MOBILISER