



DU 18 AU 22 MARS,
JE BOIS DE L'EAU!

Relevez le Défi!

J'ai soif de santé!



Dear parents,

Every year, water is celebrated in the third week of March with *Canada Water Week* and *World Water Day* (March 22).

To highlight the importance of this precious resource, we are participating in the *Mr. FunWater Challenge* with the children from March 20 to 24, 2023. The Challenge aims to promote water as the best drink for hydration and health while also having fun.

Your child will take the challenge for a week by participating in water-themed activities, including a group toast by raising their water bottle, at lunchtime.

At home, you can also toast with water at mealtimes. You will find a few simple ideas (including flavoured water recipes) to give water a more prominent place every day at thirstyforhealth.ca/home.

Thank you in advance for your commitment and support.

The daycare team



The *Mr. FunWater Challenge* is an initiative of the Collectif Vital as part of *I'm Thirsty for Health!* campaign, which aims to promote healthy hydration by encouraging, normalizing and promoting water consumption.