

HEALTHY HYDRATION AT SCHOOL



Be a role model with pride

As an adult in school, you contribute daily to the educational and social success of students.

The children:

- learn a lot from those who matter to them;
- observe and imitate the people around them;
- are sensitive to the mark of trust you give them.

Your words and your actions make all the difference!

You are an inspiration to help promote and support healthy hydration in children. This type of healthy habit has the potential to follow them throughout their lives along with contributing to their well-being.

A healthy hydration model is:

- Consuming water regularly, for your personal enjoyment.
- Having a water bottle or glass of water at your desk all year around.
- Encouraging children to drink water under different conditions.
- Participating in the *Tchin-tchin Challenge*, while toasting with children during their mealtimes or at another moments throughout the day.
- When students succeed in the *Tchin-tchin Challenge*, express encouragement in students' ability and congratulate them.
- Contributing to the set up of water consumption availability at your school*.
- Avoiding bringing or drinking sugary drinks to school.
- Avoiding offering sugary drinks to children at school.

Thanks for being a role model
for your students!

I'm Thirsty
for Health!


coalition poids
québécoise sur la problématique du

Une initiative parrainée par l'Association pour la santé publique du Québec

* The infographic *For a school environment promoting water consumption* offers different conditions conducive to the promotion of water. Visit thirstyforhealth.ca/school.