



Dear Principal and/or Designated Healthy Kids School Champion:

Thank-you for taking the Healthy Kids School Pledge! We are excited to work together to promote the health and well-being of students at your school.

The Healthy Kids Community Challenge is currently on its second theme, *Water Does Wonders*, which encourages kids and their families to drink more water. By taking the Healthy Kids School Pledge, your school has committed to taking part in Water Month this October! Water Month is an important component of our Healthy Kids Community Challenge *Water does Wonders* action plan. I want to thank-you for your commitment to making water the beverage of choice for children and their families in Hastings and Prince Edward Counties! In order to support your school in implementing Water Month, we have created this Water Month 2016 Administration Package. It contains supportive materials including:

- Water Month Pledge Package distribution instructions
- Water Month Launch Party Instructions
- A sample school newsletter insert
- Sample Water Month Synervoice messages
- Sample Water Month PA announcements
- Instructions for a school-wide Water Month competition between classrooms
- A link to the Water Month Teacher's Guide and Classroom Activities Package

If you have any questions about Water Month, please do not hesitate to contact me. Together, we can help to set every child on a path to success physically, socially, and academically!

Kindest regards,

A handwritten signature in black ink that reads "Emma Pillsworth". The signature is written in a cursive style with a long horizontal flourish at the end.

Emma Pillsworth
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Attachments

Healthy Kids Community Challenge



Water Month 2016 Administration Package



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About the Healthy Kids Community Challenge



The Healthy Kids Community Challenge is now focusing on its second theme, *Water does Wonders*. This theme encourages kids and families to drink more water! Water Month is a key component of our Healthy Kids Community Challenge *Water does Wonders* action plans.

Hastings and Prince Edward Counties are among 45 regions across Ontario taking part in the Healthy Kids Community Challenge (“The Challenge”). The Challenge unites communities in a collective effort to support the health and well-being of our children.

The Challenge is a key part of Ontario’s Healthy Kids Strategy, which is a cross-government initiative to support children’s health. Over a three-year period, provincial funding up to \$375,000 annually will be provided to Hastings and Prince Edward Counties to promote children’s health through physical activity, healthy eating, and other healthy habits.

About every nine months, the Ministry of Health and Long-Term Care will launch a new theme for The Challenge related to physical activity or healthy eating. Themes will guide the development of local programs, policies, and initiatives that promote and enable healthy habits.

Water Month Key Messages

Why choose Water?

Water makes up more than half of a child's body weight! That means water is essential to keep their bodies working and growing properly. Water is also natural and free, making it the best choice for kids to stay hydrated and healthy. With water, there's no need to worry about sugar, calories, additives, preservatives, or caffeine. Let's make water the easy choice for kids – and keep them sipping throughout the day!



Dietary preferences are established between the ages of zero and four years old, laying the foundation for eating habits later in life. Research has shown that when children are accustomed to consuming water at a young age, they are more likely to drink water later in life.

Why is it important to promote water consumption in your school?

Here are some of the most important reasons for helping kids to make healthy drink choices:

- Sugar-sweetened drinks are everywhere. Pop, fruit “punch”, sport drinks and many other drinks have a lot of sugar. Beverages account for almost half (44%) of kids' sugar intake every day! Too much sugar is not good for kids' health.
- The extra calories in sugary drinks can add up quickly. Excess sugar intake is associated with negative health outcomes such as an increased number of dental cavities and, among adults, an increased risk of heart disease and type 2 diabetes.
- Healthy kids have more energy to be physically active. Healthy drink choices will help children to build and maintain a healthy body and mind.
- Healthy kids perform better at school!

Water Month Timeline Summary

Below is a summary of important dates leading up to and during Water Month. Please see further details outlined in the rest of this package.

September 26 to 30:

- Distribute the Water Month Teacher's Guide and Classroom Activity Package to teachers at your school.
- Water Dispensers will arrive at your school by direct delivery from Bed, Bath, and Beyond this week.
- \$25 Grocery store gift card and introductory letter should arrive by mail from Hastings Prince Edward Public Health.

October 3 to 7:

- Week 1 of Water Month!
- Week 1 announcements and classroom activity.
- You are encouraged to host your school's Water Month Launch Party this week.
- *Water does Wonders* water bottles, bookmarks, recipe cards, posters, and art materials will be delivered to select schools this week (dependent on delivery routes). Start bottle distribution and your school's Water Month Contest once these items are received.

October 10 to 14:

- Week 2 of Water Month!
- Week 2 announcements and classroom activity.
- *Water does Wonders* water bottles, bookmarks, recipe cards, posters, and art materials will be delivered to all remaining schools this week. Start bottle distribution and your school's Water Month Contest once these items are received.

October 17 to 21:

- Week 3 of Water Month!
- Week 3 announcements and classroom activity.

October 17 to 21:

- Week 4 of Water Month!
- Week 4 announcements and classroom activity.

October 31:

- Announce Water Month Competition winning classrooms today (1st, 2nd, and 3rd) and give them their certificates.

Pledge Package Components & Distribution Instructions

Your school will be receiving the following Pledge Package items to use during Water Month:

- A \$25 grocery store gift card
- 3 to 4 water dispensers
- *Water Does Wonders* and water month posters for your school
- Art materials for your school
- *Water Does Wonders* water bottles for all students in your school
- *Water Does Wonders* bookmarks for all students in your school
- Flavoured Water Recipe Cards for all students in your school

These items will be delivered in a series of stages. Please be prepared to accept these deliveries when they arrive. You can expect a letter with the \$25 gift card enclosed, as well as the water dispensers, to be delivered in the last week of September. All remaining items will be delivered together in the first two weeks of October.

\$25 Grocery Store Gift Card

You should receive a \$25 gift card by mail in the last week of September, which is to be used to purchase items for the Water Month Launch Party Tasting Booth (please see the Water Month Launch Party Instructions section for more details).

Water Dispensers

Your school will receive 3 to 4 water dispensers (3 gallon's each), depending on the size of your school by direct delivery from Bed, Bath, and Beyond in the last week of September. These water dispensers are meant to be used during your school's Water Month Launch Party at the Flavoured Water Tasting Booth (please see the Water Month Launch Party section for more details). However, after Water Month is over, we encourage you to use these dispensers to serve water for other events such as school assemblies, dances, sporting events, meetings, etc. After each use, you should clean these dispensers using warm, soapy water and then leave them to air dry.



Note: Once you receive the \$25 grocery store gift card and the water dispensers, you should have everything you need to host your Water Month Launch Party!

Posters

Your school will receive the following posters:

- 1 large laminated [Make Healthy Drink Choices Poster](#) (ideal to put up in your school's front lobby).
- 4 medium [Water Month Posters](#).
- 2 medium [Water Does Wonders Posters \(version 1\)](#).
- 2 medium [Water Does Wonders Posters \(version 2\)](#).

Please hang these posters in highly-trafficked locations and near your school's water fountains. The Make Healthy Drink Choices Poster and the *Water Does Wonders* posters can stay up throughout the school year. The Water Month Posters can be taken down in November once water month has ended.

Art Materials

Your school will receive water borders ('Blue water Trimmers') for school staff to use when decorating your bulletin boards. These can be used when showcasing the art work completed during the first Water Month classroom activity (see the teacher guide and classroom activities document for more details).

Water Bottles, Bookmarks & Recipe Cards

Each student at your school will receive a *Water does Wonders* water bottle with attached flavoured water recipe cards and containing a *Water does Wonders* bookmark. Please be prepared with a distribution plan for these bottles. We would recommend having a central distribution point (e.g. the school gymnasium or stage), and assigning a time for each teacher to come and collect the number of bottles they need for their classroom. Let them know they should bring a box or bag to carry the bottles in so that they do not need to make multiple trips. The teacher can then put one bottle on each student's desk for them to claim when they get to school in the morning or back from a break.

Please note that the bottles will have a variety of lid colours; however it may be a good idea for teachers or parents to use a permanent marker to write the student's name onto their bottle, in order to distinguish their bottle from others of the same colour.

Water Month Launch Party Instructions

October is Water Month! In order to start things off, we are asking that all participating schools host a Water Month Launch Party in the first week (October 3 to 7) or second week (October 11 to 14) of October. You may choose to host one large assembly or several smaller assemblies depending on the size of your school. This assembly can either be a short stand-alone event, or it can be included in an existing monthly assembly – it is up to you to select what works best for your school.



Your school's Water Month Launch Party should contain the components detailed below.

Water Month Launch Party Video

Please start off the assembly by showing this 15 minute *Water Does Wonders* Water Month Launch Party Video, which will be available on the [Healthy Kids HPE YouTube Page](#) at the start of October. This video provides some background about why drinking water is so important for our bodies and helps kids differentiate between different types of beverages. These key messages will be re-enforced throughout the duration of Water Month.

School Champion Presentation

Following the Launch Party video, please have your designated Healthy Kids School Champion (or School Principal) give a brief (5 to 10 minute) presentation on what your school has planned during Water Month. The Launch Party Video does not go into details about Water Month, so this is your chance to let kids know what to expect! Please use this presentation and suggested speaking notes as guides to help structure your presentation:

- [Water Month School Champion Presentation](#)
- [Water Month School Champion Presentation with Speaking Notes](#)

Flavoured Water Tasting Booth

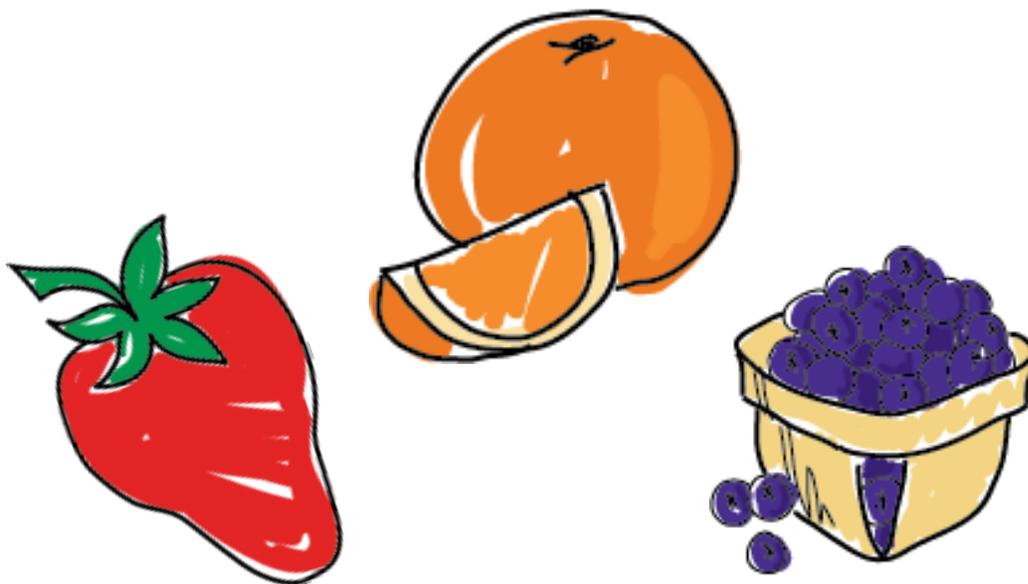
The flavoured water tasting booth is meant to be a chance for kids to taste a few different types of fruit-infused water. You can use some of these [flavoured water recipes from Sip Smart!™ Ontario](#) or create your own – it is up to you!

Prior to the Launch Party, please have your designated Healthy Kids School Champion use the \$25 grocery store gift card provided to you to purchase:

- Fruits and/or herbs (to flavour the water).
- Ice (to chill the water).
- Small paper cups (for kids to use to taste the water).

Here is a list of all of the items you will need to set up your school's flavoured water tasting booth:

- A table.
- A table cloth (if available).
- Water Dispensers (provided as a part of the Pledge Package).
- Tasting Booth sign (provided as a part of the Pledge Package).
- Flavoured Water Ingredients and cups (listed above and to be purchased using your \$25 gift card).
- A recycling bin (to put next to the table to collect used paper cups).



October Newsletter Insert

Please consider putting this newsletter insert into your school's October Issue. Feel free to make any additions or changes to customize this message for your school. You may also include the provided picture should you wish.

October is Water Month at *[your school's name]*!



As part of the Healthy Kids Community Challenge, *[your school's name]* has taken a Healthy Kids School Pledge to demonstrate our commitment to ensuring the health and well-being of our students. This month, students will attend a Water Month launch party and take part in classroom activities and contests that will teach them about the benefits of water. Each student has been given [or will soon receive] a reusable water bottle and flavoured water recipe cards. We encourage you to try making your own flavoured water at home using the recipes provided! Students will be allowed to keep the bottles on their desks during the school day and are encouraged to take them home each night for cleaning. Bottles should be washed daily with warm, soapy water, then rinsed and air-dried.

Water Month is a great time to make sure your child is drinking enough water. Water makes up more than half of a child's body weight, and is important for almost all body functions. That means water is essential to keep children's bodies working at their best. When your child starts to feel thirsty, they are actually in the first stages of dehydration! Encourage your child to sip water throughout the day before they feel thirsty. You should also try to do the same! Help us make water the beverage of choice both at school and at home.

Water does Wonders!

Synervoice Messages

Please use any or all of the following Synervoice messages to help keep parents informed about Water Month. Feel free to make any additions or changes to customize these messages for your school.



Week 1 - October 3 to 7

October is Water Month at [your school's name]! As part of the Healthy Kids Community Challenge, we have taken a Healthy Kids School Pledge to promote water at our school. Students have been given a handout called 'Water – the Wonder Drink' that has tips on how to make water an easy choice for children, facts on other healthy beverages, and how you can role model healthy choices. Look for this handout in your child's backpack and talk with them about ways your family can make water your first choice. Water does Wonders!

Week 2 – October 11 to 14

Water Month continues at [your school's name]! Ask your child about Water Month and check their backpack for their new re-useable water bottle and flavoured water recipe cards. Try these recipes at home and get your kids talking about water. Encourage your child to bring their water bottle home each day to be washed with warm, soapy water, rinsed, and air-dried. Make sure it gets packed the next day to bring back to school! Water Does Wonders!

Week 3 – October 17 to 21

As part of Water Month, our school is looking at sugary drinks and how these affect our health. Sugar-sweetened beverages are the largest source of sugar in children’s diets, and can replace the nutritious drinks and foods that growing children need. Ask your child if they can identify some Stop, Slow, and Go! drinks in your fridge.

Week 4 – October 24 to 28

Our school is coming to the end of Water Month. If your child has been bringing their reusable water bottle every day, keep going – if not, it’s not too late to start. The end of water month doesn’t mean the end of our Healthy Kids School Pledge. Drinking water is important for us all, no matter what time of year it is. Encourage your child to bring their bottle to school each day and sip water throughout the day.



PA Announcements

Please use the following PA announcements as a guide to help promote Water month at your school. Feel free to make any additions or changes to customize these messages for your students.

Week 1 - October 3 to 7

Announcement 1: October is Water Month at [your school's name]! As part of the Healthy Kids Community Challenge *Healthy Kids School Pledge* to promote water, we will be holding a launch party on [fill in date and time] that you are all invited to! We will also have classroom activities throughout the month and a school-wide contest between classrooms. We're counting on you to help make this month a success, so drink up – because Water does Wonders!



Announcement 2: Did you know that most of your body is made up of water? Our bodies lose water throughout the day, so we need to make sure we're drinking enough. Drinking water helps your joints and muscles to move and keeps your body working and growing properly. Water does Wonders!

Announcement 3: Did you know that our lungs use water to breathe? Each day we lose a little more than a cup of water just by breathing! Drinking water will help your body work at its best, so keep drinking throughout the day. Water does Wonders!

Week 2 – October 11 to 14

Announcement 1: This week marks the start of our Water Month water bottle Contest, which will run until the end of October! This week, you will each be receiving a new *Water does Wonders* water bottle. Bring your bottle with you to school each day and home for cleaning to earn points. Classrooms will compete against one another and we will let you know who the leaders are at the start of each week.

Announcement 2: Did you know that water is the best thing you can drink? It's refreshing, readily available, and usually free. Water is a healthy, natural way to satisfy your thirst – so choose it every day! Water does Wonders!

Announcement 3: Did you know that if you're thirsty, you might already be dehydrated? Bringing your water bottle to school can help you to drink enough throughout the day. When it comes to thirst, choose water first! Water does Wonders!

Week 3 – October 17 to 21

Announcement 1: Here is an update on the current leader board for our Water Month water bottle competition! In third place with a total of ____ points is [Insert teacher's name] grade ____ class. In second place with a total of ____ points is [Insert teacher's name] grade ____ class. And in first place with a total of ____ points is [Insert teacher's name] grade ____ class. Keep up the great work!

Announcement 2: Did you know that having too much sugar can cause cavities and stomach-aches? Drinks like pop, sports drinks, and slushies have lots of sugar and can be bad for your health. To stay healthy, limit how often you choose these drinks. Drink water throughout the day, every day – Water does Wonders!

Announcement 3: Did you know that there are 10 teaspoons of sugar in a can of regular pop? If you drank a can of pop every day for a year, that would be 32 pounds of sugar! That's about as heavy as six bricks! Water has no sugar and is the best way to quench your thirst, so make sure you're drinking enough. Water does Wonders!

Week 4 – October 24 to 28

Announcement 1: It's almost the end of water month – have you been drinking enough? If you've been filling up your water bottle every day, keep going! If you haven't, it's not too late to start! We all need water throughout the day to stay healthy. Water does Wonders!

Announcement 2: Thank you all for participating in our water month celebrations, activities and contests! As Water Month comes to an end, remember that this doesn't mean the end of our Healthy Kids School Pledge. Drinking water is important for us all, no matter what time of year it is. Let's keep it going – because Water does Wonders!

Week 5 – October 31

Announcement 1: Now that Water Month has come to an end, it is time to announce our Water Month Contest Winners! In third place with a total of ____ points is [Insert teacher's name] grade ____ class. In second place with a total of ____ points is [Insert teacher's name] grade ____ class. And in first place with a total of ____ points is [Insert teacher's name] grade ____ class. Congratulations to all! Let's keep the great habit of bringing your water bottle to and from school every day going! Water does Wonders!

Water Month Classroom Activities

In order to make water month a success, we are asking that teachers at your school include one Water Month classroom activity into their weekly lesson plans during the month of October. In order to support teachers in doing this, we have created a [Water Month Teacher's Guide and Classroom Activity Package](#). This package contains key messages, activity ideas, teacher prompts, curriculum connections, and resources to help teachers in planning and executing Water Month classroom activities. It is meant to act as a guide to initiate conversations with students about the importance of water and the health benefits of water. Teachers are welcome to adapt these activities to best suit their students' needs and learning environments.

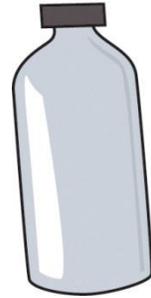
Please share this [Water Month Teacher's Guide and Classroom Activity Package](#) with educators at your school and encourage them to integrate these activities into their weekly lesson plans during October.



Water Month Competition

Starting in week two of Water Month – once students have received their *Water does Wonders* water bottles – we encourage your school to take part in a water bottle competition! The goal of this competition is to have students remember to bring their water bottle to school with them each day, and to take it home for cleaning each night. Classrooms will compete against one another to earn points. Points will be earned as follows:

- 2 points for each student who has their **filled*** *Water does Wonders* water bottle on their desk each morning during attendance.
- 1 point for each student who has taken their *Water does Wonders* water bottle home with them each night (as indicated by it being gone from their desk at the end of the school day).



*Note: the bottle must be filled with *water*.

Teachers can keep a tally on the board of how many points their classroom has earned. Each Friday afternoon of Water Month, teachers should let the designated Healthy Kids School Champion know how many points their classroom has, so that the leader board can be announced the following Monday. These instructions are summarized on this [Water Month Competition Instructions Page](#), which you can share with teachers at your school.

Contact Information

Should you have any questions about Water Month execution, please contact:

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