

Water Challenge

Objective: To create an environment free of sugar sweetened beverages and encourage drinking water each day

Goal: To eliminate the presence of sugar sweetened beverages in the school environment and those brought to school by students, while promoting water as a healthy alternative

Choose one week (5 consecutive days) that is uninterrupted by a holiday or a professional development (PD) day.

Step 1: Hang the water poster on the bulletin board(s), in the hallway(s), and in the classroom(s) prior to the Challenge week.

Step 2: Send the parent handout home on the first day of the Challenge week.

Step 3: Make public announcements and advise teachers to provide daily reminders to students throughout the Challenge week.



Morning Announcement:

Today is the start of the Heart Healthy Schools Water Challenge. Did you know that your body is made of about 65% water? Let's show the Heart and Stroke Foundation of New Brunswick how we love drinking water.

Daily Reminder:

Remember...this week is the Heart Healthy Schools Water Challenge. Tell me how much water you plan on drinking today.

Step 4: Have a look at the Heart Healthy Schools Guidebook or visit the "At School" section of the Heart Healthy Schools resource page to find ideas for the Challenge week.

Step 5: At the end of the challenge, log into your account, complete the Water Challenge survey, and record your progress by checking all boxes on the Heart Healthy Schools website.

Don't forget to click the red 'save' button!



Heart&Stroke Foundation of New Brunswick

1-800-663-3600 · www.hearthealthyschools.ca



Heart Healthy
Schools

Water Challenge

Class Discussion

After watching the PowToon video for the Water Challenge, you can engage your students in a discussion around the upcoming Challenge week with the following questions:



Discussion Questions:

- (Trick question!) How much sugar sweetened beverages should you drink each day? (Answer: 0)
- What percentage of your body is made up of water? (Answer 65%)
- Why is it important to drink enough water each day?
- How can we increase our water intake as a class?



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