



Healthy Beverages

H.E.A.L.T.H.Y.
Pledge Program

Challenge: Tap Water Tuesday/Thursday or Water Wednesday

Materials Required (per student) – Water bottle

Moderator – Teacher **or** assigned monthly student leader

Location of Challenge – Inside the classroom during class time

Timing of the Challenge

- The challenge should be administered during class time for a minimum of once a week (e.g. on a Tuesday, Wednesday, and/or Thursday) for a month.
- The challenge should be administered for as many months as possible for a minimum of two months of the year.
- The month(s) in which the challenge will begin should be communicated to all teachers.

Challenge Process

1. Students should have their water bottles filled with water at all times.
2. At any point during class on the predetermined day, the teacher or assigned student leader will count how many students have a filled water bottle on their desk and record this number on the Challenge Participation Score Sheet (see reverse).
3. The goal of the challenge is for all students in the class to have a filled water bottle present on their desk at all times.
4. At the end of each month, the teacher or assigned student leader will submit the Challenge Participation Score Sheet to the main office.
5. Region of Peel - Public Health will determine which class had the greatest total percentage of students participating in the challenge at the end of the year and will award the class with a prize.



Challenge Participation Score Sheet

– To be completed by the teacher or assigned student leader.

Tap Water Tuesday/Thursday OR Water Wednesday Challenge			
School:			
Classroom Teacher:			
Period:			
Month:	# of Students Present	# of Students Participating in the "Tap Water Tuesday/Thursday or Water Wednesday" Challenge	Per cent Participation
WEEK 1			
Day			
WEEK 2			
Day			
WEEK 3			
Day			
WEEK 4			
Day			
WEEK 5			
Day			
		Average Total Participation:	