



Healthy Beverages

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

Challenge: Water Drill

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 three times per week for a month.
- The specific days of the week that the challenge will take place will not be shared with students.
- The challenge should be administered for as many months as possible for a minimum of two months in the year.
- The month(s) in which the challenge will take place should be communicated to all teachers.

Challenge Process

1. Students should have their water bottles filled with water at all times to ensure they are always prepared for the challenge.
2. At any time during class, the teacher OR assigned student leader will call out “Water Drill”. “Water Drill” can be called out multiple times on the days in which the challenge is being administered.
3. Once “Water Drill” is called out, each student that has a water bottle is to take one large drink of water.
4. Students who were able to take a drink will raise their water bottles in the air once they have taken a drink.
5. The teacher or assigned student leader will record the number of students holding up a water bottle 5 seconds after “Water Drill” has been called out on the Challenge Participation Score Sheet (see reverse).
6. At the end of each month, the teacher or assigned student leader will submit the Challenge Participation Score Sheet to the main office.
7. 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.

Water Drill Challenge			
School:			
Classroom Teacher:			
Period:			
Month:	# of Students Present	# of Students Participating in the "Water Drill" Challenge	Per cent Participation
WEEK 1			
Day 1			
Day 2			
Day 3			
WEEK 2			
Day 1			
Day 2			
Day 3			
WEEK 3			
Day 1			
Day 2			
Day 3			
WEEK 4			
Day 1			
Day 2			
Day 3			
		Average Total Participation:	