

# HOOKED ON SCHOOL DAYS



## Perseverance will take you far.

From **February 16 to 20, 2026**, mark your calendars for the 22nd edition of the *Hooked on School Days* (JPS) in Quebec!

In a world where everything moves fast and immediate results are often valued, it is essential to remember that success takes time.

**It is built through challenges, trials, errors, and above all, through constant commitment.** It is precisely perseverance, this ability to continue despite obstacles, that allows us to overcome stages that we sometimes think are inaccessible.

**And behind every person who perseveres is someone who believes in them.**

School perseverance is not solely based on individual willpower. **It takes root in environments where every act of support fosters confidence and the desire to move forward.**

## Actions that will take them far

**Supporting school perseverance is sometimes as simple as:**

- Saying: "I'm proud of you"
- Value progress, **not just results**
- Sharing one's own journey, with its detours and obstacles
- Helping to set **short-term goals**
- Create an environment where **mistakes become learning opportunities.**
- Presenting **diverse models** of resilience and perseverance
- Offering **flexibility in working hours** during exam periods
- Schedule **study time in the workplace**

These actions **propel forward and help build a culture of perseverance**, where every young person and adult in training feels supported and encouraged to continue their path.

**A word of encouragement**  
can ignite a spark.

**A gesture of support**  
can change a course.

**What if, today, you were the one making the difference?**



*Because perseverance will take you far.*

*Ushkuishtatishuti aven katak<sup>u</sup> tshipa tshi ituteu.*



Each year, thanks to the involvement of more than 200 North Shore partners, as well as the support of the Réseau québécois pour la éruissite éducatve (RQRE), RAP Côte-Nord is able to deploy the JPS in its region.

**Join the movement!**

**Here are several ways to participate:**

- Download the **campaign tools and visuals** to share the message around you and encourage young people and adults in training in your community.
- **Wear the green and white ribbon**, a symbol of your commitment to school perseverance.
- **Participate in one of the activities** organized specifically as part of the JPS.
- **Add a touch of green** to your outfit or decorate your workspace in green on February 19th, for **PerseVERT Thursday**. Take a photo and share it with the hashtag #perseVERT2026 to create a green wave of support on social media.
- **Share your message of support or your story of perseverance** with the hashtag #JPS2026

**Join us to celebrate the  
*Hooked on School Days 2026!***

## Activity ideas

- Integration of the theme of effort into various educational content: oral presentations, dictations, exams, essays, reading, research, etc.
- Workshop on the transition to secondary school, visit to the secondary school
- Presentation of parents' professions, parent participation in classroom activities, open house
- Encouraging messages attached to evaluations
- Art project: mural, comic strip, poster, song, slogan, advertisement, multimedia, perseverance card, etc.
- Student support team, mentoring
- Identification of perseverance role models
- Draw, contest



Download all  
activities for  
primary school in  
a single ZIP file

## Activities to download



### The Improv of Perseverance

Hold improv matches on a wide variety of topics: perseverance, motivation, dreams, self-confidence, success, failure, effort, stress, the future, etc.

Find everything you need in this sheet and, above all, HAVE FUN!

3rd  
cycle

2026  
Version



### Let's talk...

Have a wide variety of topics ready to discuss with your students.

Lead meaningful and thought-provoking discussions for your students, helping them to increase their self-awareness and their understanding of others around them.

3rd  
cycle



### Photobooth of success

- Create a "photo booth" activity during **Jeudi PerséVERT** (Green Thursday).
- Take photos
- Post the photos on social media with the hashtags #JPS2026 and #PerseVERT2026



## Perseverance Word Search

Here is an excellent opportunity to talk with youth about terms related to school perseverance.

Do the activity together while discussing the topic!

2026  
Version



## Perseverance BINGO

Cut, paste, and discuss perseverance!

BINGO!

New  
2026



## Chatterbox Activity

Fold, play, and answer the questions!

OR

Invite students to create their own chatterbox with the fill-in-the-blank and color version.



Fill-in  
version



## Will you take the challenge Activity

Set fun challenges to achieve during the JPS!

All kinds of challenge themes are available, such as... compliments, listening, generosity, helping others, reading, sports, kindness, etc.



## Encouragement cards

Haven't ordered your message cards from RAP Côte-Nord?

Print them yourself. **A personalized message of encouragement has a STRONG impact on students.** Find encouragement cards from adults to youth and thank-you cards from youth to adults.

2026  
Version



## Perseverance Tree

This is an opportunity to help young people understand that there is no shame in admitting that they are struggling at school.

The important thing is to learn how to overcome challenges with the support of those around them!



## Draw the equation of your success

Encourage them to draw four things that help them persevere and succeed.

Share your answers and discuss!



## Quotes to print

Print and display these inspiring quotes throughout the year in eye-catching visuals!

Another great way to spark interesting discussions!



## Cut-out Mortarboard

Encourage students to write down an achievement, something they are proud of, a quality, a challenge they have overcome, a dream, or even the profession that motivates them to study! Use it during a photo shoot or even during **Jeudi PerséVERT**!



## Cut-out Medal Activity

Invite young people to write on this medal a challenge that they have taken up and of which they are proud. Then organize a ceremony where the medals will be awarded!



## Letter to myself: “Hi, future me, ...”

Young people write a letter to their future selves to reflect on their **goals, dreams, and strategies** for persevering. **Encourage them to look ahead and become aware of their strengths.** The letters can be kept and given to them later so they can see how far they have come.

Initiative de

**R3USSIR**  
Éducation Emploi Estrie



## HSD (JPS) Challenge

Build the tallest pyramid with your young people! Take this opportunity to talk to them about their academic and professional aspirations, their hopes and dreams, what motivates them to move forward, and how they see their future.

Would you like to have **tools, images, or content tailored** to and representative of JPS?

**Contact RAP Côte-Nord!**

[Contact us](#)

