



November 4th, 2024

Re: ACTIVE SCHOOL DAY

Dear Parents,

Physical activity and nutrition play an essential role into the health and well-being to everyone's quality of life. On **Friday, November 15th, 2024**, we will be hosting another "Active School Day", which has always been a successful event at East Hill School.

The idea behind this event is to encourage our students and staff to stay active and develop healthy habits. Therefore, the day will be filled with both indoor and outdoor activities. In addition to the activities that were organized by our physical education teachers, we have also invited *Everblast Play Company* to animate some of the stations. Subsequently, the EMSB dietician will also speak to our students on the importance of good nutrition and the positive impact it has in our everyday lives. This time, students will create their own fruit salad!

Please ensure to send your child to school with the appropriate cold weather attire to keep safe and warm during the outdoor activities (hat, scarf, gloves, warm jacket, and boots if necessary).

Please take note that this will be a non-color code day (dress down), and students must wear running shoes for their safety while participating to the indoor activities.

We are looking forward to a fun filled activity day!

Kind regards,

Mme Excellent
Vice Principal
East Hill Elementary School

