



École Primaire
East Hill
Elementary School

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November 14th, 2023

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 17th, 2023, we will be hosting an Active School Day. The day will be filled with both indoor and outdoor fun filled activities. The idea behind this event is to keep encouraging all our students to stay active. Subsequently, we have also invited the EMSB dietician to speak to our students on the importance of good nutrition and the positive impact it has in our everyday lives.

Please ensure to send your child to school with the regular winter attire to keep safe and warm during the outdoor activities.

HAT-SCARF-GLOVES-SNOW JACKET-SNOWPANTS-WINTER BOOTS

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 day!

Kind regards,

East Hill Administration

