



École Primaire
East Hill
Elementary School
10350 Perras, Montreal, QC H1C 2H1
Tel. (514) 494-3202 easthill@emsb.qc.ca

December 3rd, 2025

Re: ACTIVE SCHOOL DAY – FRIDAY, DECEMBER 5th, 2025

Dear Parents,

Physical activity and nutrition play an essential role into the health and well-being of everyone's quality of life. On **Friday, December 5th, 2025**, we will be hosting another *Active School Day*. The idea behind this event is to encourage our students and staff to stay active and develop healthy habits. The day will be filled with indoor fun filled activities organized by our Student Life Committee.

LUNCH

All students must still bring their own snacks, water bottle and lunch. Please note that a lactose free yogurt with blueberries and granola will be provided by the school.

DRESS CODE

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

MAKE-A-WISH FUNDRAISER

This active and dress down day will also support our Make-A-Wish fundraiser **under the theme of “Move for Wishes”**. We kindly ask for a \$2 voluntary contribution per student. **Parents will also have the option to send their donation online.** Make-A-Wish Canada has created a personalized donation page for East Hill School. Please see below the link to access this page:

https://makeawishca.donordrive.com/campaigns/East-Hill?key=message_imageuploadsuccess¬ification=success

We are looking forward to a fun filled day!

Kind regards,

East Hill Administration & Student Life Committee



Move for Wishes!