



Twin Oaks Elementary
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AN ENGLISH
EDUCATION,
A BILINGUAL
FUTURE

UNE
ÉDUCATION
EN ANGLAIS,
UN AVENIR
BILINGUE



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD
www.swlauriersb.qc.ca

Dear Parents/Guardians,

The physical education department is thrilled to announce that Twin Oaks will be participating in Pierre Lavoie's Le Grand DEFI energy cube event again. This event is a friendly contest between elementary schools across Quebec encouraging children and their families to increase their physical activity. The event takes place between April 30 and May 28, 2018.

What is the goal: To earn as many energy cubes as possible. Students earn 1 energy cubes for each 15 minutes of continuous activity. So, if they play at the park or go for a bike ride for 15 minutes, they earn 1 energy cube. If they go to a 60 minute soccer practice, they earn 4 energy cubes. Family members please don't feel left out. Parents, grandparents and sibling can also earn energy cubes when they are active with their participating Twin Oaks family member.

Students will receive a logbook to record their daily earned energy cubes. This logbook should be kept in your son or daughter's agenda or communication binder and should be returned to school each day. We are still waiting to receive our logbooks. Until we receive them, students can record their earned cubes in their agenda.

How can you help?

- Help accumulate energy cubes by getting active with your child as often as possible.
- Help your child record the energy cubes accumulated in his or her student logbook.
- Remind you child to bring the student logbook to school every day.
You should know that participating schools have a chance to win a weekend in Montreal (June 16-17) where, in addition to sleeping in the Olympic Stadium and spending a day at La Ronde, students will get to enjoy lots of activities, shows and entertainment. The prize includes meals, transportation to the Olympic Stadium and admission to La Ronde. The more cubes we earn, the greater our chance of winning.

Should you have any questions, please refer to <https://cubesenergie.com/en/primary-schools-in-quebec/challenge/what> or contact your students Physical Education teacher.

LINK to booklet to record energy cubes earned by students

<https://planetecube.com/data/docs/lteb/cubes-energie-2018/carnet-de-l-eleve-1523567342-en.pdf>

Regards,
Ms. Suzie and Ms. Valerie

