



McCaig Elementary

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April 24th, 2019

Dear McCaig Families,

The month of May in Quebec is designated as the month of Physical activity. In celebration of this fact, we will be participating in The Défi Pierre Lavoie, which will begin on April 29th until the 27th of May.

Beginning Monday April 29th, our school will begin the Défi Pierre Lavoie otherwise known in English as the “Get UP and Move” challenge. The Get Up and Move challenge is a friendly competition in which participants must move in order to accumulate as many energy cubes as possible for their school. **The Défi’s goal is to encourage physical activity in the student’s home life with their family.** At the end of the month, the organizers of the Défi will award some schools for participating. For more information, please go to www.levetoietbouge.com under “La Boite a Outils”. Each child has received a logbook to record their energy cubes for the four-week long challenge.

Here is some information to help you out at home when filling in the logbooks:

- One energy cube corresponds to 15 minutes of continuous physical activity.

Example 1: if a child takes three five-minute walks in a day, they would not earn an energy cube because the 15 minutes of activity was not continuous.

- An energy cube can only be earned once. If a parent shares a physical activity with two children who both attend a participating school, the parent’s accumulated energy cubes are not multiplied by two. The parent can choose either to give all of the cubes he or she earned to a single child or to divvy up the cubes between the two children.

- Students accumulate one energy cube for each person in their immediate circle who joins in the physical activity along with them and this number is multiplied by the applicable number of 15-minute periods.

Example: a student rides a bike with their sister, mother and father for 30 minutes. In this scenario, four people are participating (the student + three members of their family) x 2 15-minute periods (30 minutes) = eight energy cubes.

Each Monday morning for the 4-week long challenge, the students will bring in their booklet to tabulate their cubes with their classmates. The booklets then will be returned home on Monday for the next week.

We are looking forward to a wonderful month full of physical activities.

Kristin Crowdis
Physical Education Specialist