



5935, chemin de la Côte-de-Liesse
Saint-Laurent (Québec) H4T 1C3

September 25, 2026

Subject: High School Olympics

Dear Parents / Legal Guardians,

Summer has just come to an end, but we are still enjoying beautiful weather. Once again this year, we are organizing Olympic Days for the students at school. The students will have the opportunity to push their limits through activities such as shot put, discus throw, long jump, a 50-meter sprint, and a 3-kilometer run for students in Cycle 2, or a 2-kilometer run for those in Cycle 1.

These events will take place **on the school grounds** on the **13th, 14th, and 15th of October 2026, from 8:05 a.m. to 12:00 p.m.** This schedule ensures there will be no changes to student transportation. Students should arrive at school at their usual time and will leave according to the regular dismissal schedule.

On these days, the regular class schedule will be adjusted, and your child will participate in one of the three half-day Olympic sessions in their full physical education attire. The **English Sector High School will participate in the Olympics on Tuesday, October 13th. Please note that the Grade 11 students will also participate in the Olympic activities for half a day on Thursday, October 15th (Periods 1 to 4), and will act as event judges** alongside the teachers during half that day. It is part of their evaluation.

Please note that this activity serves as an evaluation for the physical education course, and all absences must be medically justified. Otherwise, the student will receive a failing grade for this evaluation. In case of rain, the event will be postponed to the same day the following week. That day will then become a regular school day, and students must attend in their regular school uniform. We encourage you and your child to check the weather forecast the day before to dress appropriately.

The school staff thanks you for your continued support in your child's education.

The Physical Education Teaching Team