



INFORMATION SHEET FROM APRIL 29th TO MAY 27th

WHAT? A challenge where participants must engage in physical activities as much as possible at school and at home.

WHEN? From April 29th to May 27th, 2019.

WHO? All students from kindergarten to sixth grade. To collect even more Cubes, children are encouraged to engage in physical activities with other immediate family members: brothers, sisters, parents, and grandparents. Staff members of the school are also invited to participate with their spouse and children.

HOW? Each 15 minutes of physical activity equals 1 Energy Cube. Each time a student or a staff member **ENGAGES** in a physical activity **WITH** one or more member of his immediate family, he can add 1 Energy Cube per participant to his record.

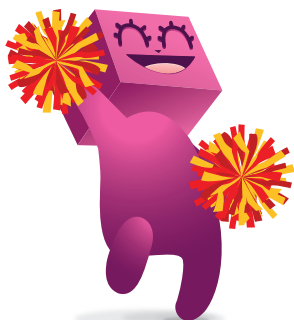


Energy Cube = 15 minutes of physical activity

PRIZES:

- **The Grand Prize event***
A weekend full of surprises and activities, held on June 15th and 16th in Montréal.
- **A visit from the Vehicube***
A one-day event, during the 2019-2020 school year, in which the kids will have a great opportunity to discover how to be more active and to eat well.

* Winners will be randomly drawn in each administrative region on May 30th.



GREAT NEWS! Free student logbooks will be sent directly to your school while supplies last.

For more information: CUBESENERGIE.COM