



# مدرسة القديسة مريم الكاثوليكية الثانوية - دبي

## ST. MARY'S CATHOLIC HIGH SCHOOL, DUBAI

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OUR REF : .....

DATE : Thursday, 19<sup>TH</sup> October 2017

**To: The Parents of students from year One to Year Thirteen- Dubai Fitness Challenge-20<sup>th</sup> October – 18<sup>th</sup> November 2017- PLEASE JOIN OUR SCHOOL IN THE 30 MINUTES 30 DAYS FITNESS CHALLENGE**

**Dear Parents,**

Greetings from St. Mary's. His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai has launched the Dubai Fitness Challenge with the aim of motivating residents to take up physical activity and making Dubai the most active city in the world. This enterprising new Challenge seeks to inspire Dubai's citizens, residents and visitors to boost their physical activity by committing to a minimum of 30 minutes of daily activity for 30 days through a wide range of fitness activities , sports and exercise.

*We launched the challenge at school today and in keeping with the spirit of the challenge we have asked students to come to school on Sunday in their favourite sports outfit and sports shoes. We would like to reiterate that we would like our young ladies to be modest and decent in choosing what sports gear to wear. ( Any shorts must be below the knee )*

We would like all parents to join our school family in this Fitness Challenge by logging on to [www.dubaifitnesschallenge.com](http://www.dubaifitnesschallenge.com) to register. **PARENTS NEED TO REGISTER TODAY.** Please visit our school website for all the details that you need.

We are looking forward to this challenge and would love to have you onboard. Parents who have time and are good at Zumba, yoga and any other sporting activity and would like to come down to school to share your expertise with the children, kindly contact Ms. Lise-Ann on [l.pinto-smchs@smgeducation.org](mailto:l.pinto-smchs@smgeducation.org)

Yours sincerely,

**Mr. Paul Asir Joseph**  
( Principal )

