



EMIRATES FUTURE INTERNATIONAL ACADEMY
EFIA Sustainable Living Initiatives program
Active Hearts, United Families



REF: EFIA/CIR-32/2026-27

20/05/2026

Dear Parents,

Warm greetings from our school community.

As part of our school's **EFIA Sustainable Living Initiatives Program**, and in alignment with the UAE's vision of fostering a healthy, active, and united society, we are pleased to encourage all families to actively participate in **Active Hearts, United Families** and thereby promoting physical wellbeing among our students. This initiative reflects our commitment towards holistic education, sustainable living, and nurturing lifelong healthy habits within our school community.

Physical activity plays a vital role in a child's overall development. Regular exercise not only strengthens the body but also enhances concentration, emotional wellbeing, and social skills. When children see their parents engaged in healthy routines, they are more likely to adopt these habits for life.

This year, as we celebrate the Year of Family, we invite you to make physical activity a shared family priority. Simple actions such as:

- Taking evening walks together
- Engaging in light exercises at home
- Participating in outdoor games
- Planning weekend family fitness activities

can have a lasting positive impact on your child's health and happiness.

This initiative reflects the values of the UAE National Identity, emphasizing unity, wellbeing, and strong community bonds. By nurturing active and connected families, we contribute to building a resilient and thriving nation.

Furthermore, this effort aligns with the Sustainable Development Goals, particularly **SDG 3: Good Health and Well-being**, which aims to ensure healthy lives and promote wellbeing for all ages.

Through the EFIA Sustainable Living Initiatives Program, we aim to encourage families to adopt sustainable lifestyle practices that support physical, emotional, and social wellbeing.

We encourage you to dedicate time each day to move, connect, and grow together as a family. Your involvement is key to shaping a generation that values health, resilience, responsibility, and togetherness.

As part of this initiative, families are requested to:

- Create a unique and meaningful family fitness pledge. A sample pledge will be shared for reference; however, parents are encouraged to design their own innovative pledge that reflects their family values and commitment towards healthy living.
- Submit a **short video** of your family activities along with the pledge.
- Ensure that all submissions are sent to the class teacher on or before 30 June ,2026

We look forward to your enthusiastic participation and thank you for your continued support in promoting healthy, happy, and sustainable lifestyles among our students.

Let us work hand in hand to build a healthier future for our children.

Warm regards



Saji Oommen

Principal