



MERIDIAN PRIMARY SCHOOL

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Our Ref: MPS/LM/2017/002

19 January 2017

Through Principal

Staying Fit and Healthy in Meridian

Dear Parents/Guardians,

As we approach the Chinese New Year break, the teachers would like to express our concerns about your child's health status. We seek your assistance to ensure that your child/ward attains his/her ideal weight through constant monitoring of his/her food intake and adopting a healthy lifestyle. Your encouragement, through role-modeling in nutrition as well as engaging your child/ward in exercise, sports and games outside school hours, is highly valued.

In an effort to support your child in his/her holistic well-being, the school would take steps to ensure that your child participate actively in school based health-related programmes, PE lessons and CCA. This year, the school has started a new Sports Club CCA to allow more students to learn a variety of sports and games. Do also sign up for external programmes and activities organised by the Health Promotion Board and Sport Singapore to foster a healthy lifestyle in our children. Together, we can make a difference!

<https://www.myactivesg.com/start-out/children-youth>

<https://www.hpb.gov.sg/HOPPortal/health-article/634>

Should you require more information, please write to Mr Raymond Koh at koh_choon_kiat_raymond@moe.edu.sg or Mr David Yeo at yeo_han_leng_david@moe.edu.sg. We look forward to your continued support and cooperation.

Thank you and best regards.

Yours Sincerely,

Mr Raymond Koh
HOD PE and CCA