



MERIDIAN PRIMARY SCHOOL

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Our Ref: MPS/SM/2024/022

5 May 2024

Through Principal

Dear Parents/Guardians,

Becoming An Active and Healthy Meridian!

Welcome to the semester 2! We are looking forward to working with your child/ward and are pleased to announce that the school will organizing a series of physical activities to encourage your child/ward to lead a more physically active lifestyle.

For a start, we have implemented the Active and Healthy Meridian recess play cards to encourage your child/ward to participate in active play during recess. With every visit to the play area, they will receive a stamp. They can then exchange completed cards for a special reward for their participation and more importantly, for being active!

We will also be conducting a series of 8 after-school game play sessions to motivate the students to pursue an active lifestyle. They will be conducted by our ActiveSG partners and private vendors. The games are designed to encourage physical movement. They include Archery Tag and Tchoukball among other highly engaging activities.

Parents, you are our most valued partners! We seek your support in encouraging your child/ward to take part in active play during recess and be present for the after-school game play sessions which we have organized for them.

The details of the exercise sessions are:

Session	Period	Dates	Time	Venue	Proposed Activities
1	T3W1	28/6	2.00- 3.30pm	School (ISH 4)	Street Dance by HPB
2	T3W2	5/7			Street Dance by HPB
3	T3W3	12/7			Dodgeball
4	T3W4	19/7			Archery Tag
5	T3W5	26/7			Tchoukball
6	T3W6	2/8			Kinball
7	T3W8	16/8			Instagram Games Day – Conducted by teachers
8	T3W9	23/8			Creative Games Day – Conducted by teachers

Kindly acknowledge receipt of this letter and provide consent for your child/ward's participation in sports activities conducted after school through the response selection in the Parents Gateway app.

If you have any concerns, please feel free to contact me at 65832125 or email me at yeo_han_leng_david@moe.edu.sg.

We look forward to your support in encouraging your child/ward to become ***An Active and Healthy Meridian***. Thank you

Yours sincerely,



Mr David Yeo
Teacher I/C



Mrs Sharon Tng
HOD PE/CCA & Aesthetics