



MERIDIAN PRIMARY SCHOOL

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Our Ref: MPS/SM/2023/45

13 July 2023

Through Principal 

Dear Parents/Guardians,

7-Day No Sugary Drinks Challenge Charity Drive

To develop our students to live an active and healthy lifestyle, the school has partnered National Kidney Foundation (NKF) in encouraging our students to participate in the **6th NKF 7-Day No Sugary Drinks Challenge Charity Drive**. The objective of this charity drive is to encourage healthy lifestyle habits at an early age through a 7-day no sugary drinks challenge and imbue in the young values of compassion and empathy for others. We would like to challenge our students to embark on this challenge as a commitment to live a healthy lifestyle and to embrace healthy lifestyle habits.

Each student will receive a donation envelope and they are encouraged to pair up with their family members or friends to give up sugary drinks over 7 days. Money saved over the 7 days can be donated to help kidney failure patients. Students can place the cash in the envelopes given and return the sealed envelopes to a box placed in the General Office. The deadline for the return would be **31 July 2023**. Parents who wish to make an online donation can also scan the QR code that is found on the envelope.

The PE department will also be implementing 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.

We seek your support and partnership to encourage your child/ward to live an active and healthy lifestyle and embrace healthy lifestyle habits. Should you require any clarification, you may contact me at ng_ye_chin_sharon@moe.edu.sg or your child/ward's PE teacher.

Thank you.

Yours sincerely



Mrs Sharon Tng
HOD PE/CCA & Aesthetics