



TEMASEK PRIMARY SCHOOL

Learn, Lead, Serve & Grow

Homelink No: H/038/2020

10 January 2020

Through: The Principal



Dear Parents/Guardians,

Fruit of the Month and Fruity Fridays

As the school is committed to encourage our students to eating more fruits as part of living a healthy lifestyle, we are embarking on the Fruit of the Month as well as Fruity Fridays programme.

Please take note of the following details:

1. Fruit of the Month

- Fun facts of the selected Fruit of the Month will be shared during assembly on the first Friday of the month.
- After the sharing, students are strongly encouraged to participate by submitting an art piece, poster or poem **within 2 weeks** of the sharing.
- The winning entry will be shared during an assembly session and it will be posted on the school's website as well.

2. Fruity Fridays

- Your child/ward is strongly encouraged to bring the selected fruit of the month and eat it together with his/her classmates during snack break on the **last Friday for the month**.
- We understand that your child/ward might not like the selected fruit of the month, but we seek your support to encourage them to try it.
- Your child/ward is allowed and strongly encouraged to eat other fruits during the other snack breaks.
- The fruit of the month will be made available for purchase at the canteen's fruit stall.



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Through these programmes, we hope to expose our students to eating a different variety of fruits and gaining the different benefits of eating different fruits throughout the year.

Please contact Dr Shawn Peh at 6443 7884 or peh_yi_ching_shawn@schools.gov.sg during office hours if you have further clarifications.

We look forward to your continued support and your child/ward's participation in these programmes.

Thank you.

Yours sincerely,

Dr Shawn Peh
Health Coordinator