



Notification No: 020/2018

26 January 2018

Dear Parents/Guardians of Primary 1 and 2,

Promoting Pupils' Well-being

We have almost come to the end of the first month of Term 1. I am pleased to observe that our children have adjusted to the school environment and settled in well.

In our conversation with the children, we have gathered that quite a number come to school in the morning without breakfast. I personally feel that breakfast is indeed a very important meal. A good breakfast fuels you up and gets you ready for the day. Research has shown that children who eat breakfast have more energy, do better in school and eat healthier throughout the day. Without breakfast, children can get irritable, restless and tired.

Taking into consideration the above mentioned, the Lower Primary would like to introduce Breakfast Time on Mondays and Tuesdays, from 7.30 a.m. to 7.45 a.m., starting from 29 January 2018. We hope that such an initiative can cultivate in our children this good habit of having breakfast in the morning in the long run.

On Mondays and Tuesdays, the children will report straight to their classrooms and are strongly encouraged to have their breakfast in school with their teachers and friends. You may pack light food, such as, sandwich or biscuit for your child. Alternatively, if your child comes to school before 7.30 a.m., he/ she may purchase breakfast from the school canteen.

With the introduction of Breakfast Time, please note that the children will have their snack break from 12.05 p.m. to 12.15 p.m. On days when there is Programme for Active Learning (PAL), their snack break will be from 11.30 a.m. to 11.40 a.m.

Should you have any queries, please feel free to contact Miss Chia Li Ling (Primary 1 AYH) or myself at 62571772. Alternatively, you may email Miss Chia Li Ling at chia_li_ling@moe.edu.sg or myself at maslinda_masod@moe.edu.sg.

In partnership, I look forward to working closely with you to promote our children's well-being.

Thank you.

Yours sincerely

Mas'linda Mas'od (Mdm)
Year Head (Lower Primary)

Endorsed by

Mrs Hee-Ho Jun-Lynn
Vice-Principal