



# 启发小学

## QIFA PRIMARY SCHOOL

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21 January 2013

### RE: FITNESS CLUB PROGRAMME

Dear Parent/Guardian

In our recent height/weight measurement of all pupils in the school, your child has been identified to be overweight in his/her category. Some parents assume that obesity is not a serious concern but numerous health reports have shown otherwise. Obesity is a cause of many medical and health problems. As such, it is of utmost importance that we tackle it at its early stages. Studies have shown that obesity can lead to hypertension, high blood pressure, cancer, stroke and various heart diseases. In addition, it may cause self-esteem problems among children. Therefore the school would like to establish a close partnership with you in addressing your child's weight concerns.

Our Fitness Club Programme is designed to tackle the obesity problem in the school. Your child will receive a monthly printout of his BMI including the amount of weight that he/she will need to lose in order to be healthy. We seek your assistance to sign on the printout below and actively work with your child to monitor his daily food intake as well as exercise programme. In addition, your child's attendance is compulsory for the following fitness sessions:

<b>Every Recess:</b>	Short recess activity before break. Pupils are to report at the Fitness Corner with a water bottle of plain water
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<b>Every Thursday:</b>	P3 to P6 from 3.00 p.m. to 5.00 p.m.
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There will be a meeting for all parents of children involved in the programme on **2 February 2013 from 11.00 a.m. to 12.30 p.m.** in the school hall. Please return the enclosed reply slip through your child to the PE teacher. We would like to thank you in advance for taking the time to attend this important meeting.

At the meeting, the PE department will be sharing on a new programme that the school has introduced to help the overweight children to be more active. In brief, a new CCA termed **MACKidz (Mini Adventure Club for Kidz)** has been set up for overweight children. At the meeting, the PE department will share with you the host of fun activities infused with important life skills in the new programme that we have planned for your child.

To further empower you with the knowledge of the importance of good health, we have also engaged the services of both the Health Promotion Board (HPB) and the National Kidney Foundation (NKF). On the day of the meeting, the HPB will have informative panels set up to provide you with a better understanding of how you can choose healthier foods, and take note of the calorie count in local dishes to serve your child tasty yet healthy meals. The NKF will be setting up an onsite booth; complete with a representative to answer any question you might have pertaining to the dangers of obesity-related kidney problems.

The health of your child is important to both yourself and us. The school would like to appeal to you to help your child by checking on the types of food he/she consumes at home. Do make time to exercise with your child on a regular basis.

Let us start 2013 right with helping our children to be in the pink of health by working on achieving a healthy weight. We look forward to working closely with you to improve your child's health and well-being.

Thank you very much.

Yours sincerely

Mrs May Wong-Tan  
Principal