

WWPS 97/2017

3 April 2017

Dear Parents/Guardians of \_\_\_\_\_, (



WESTWOOD  
PRIMARY SCHOOL

### RECESS FITNESS PROGRAMME

As part of the Holistic Health Department's initiative in monitoring your child's/ward's health, we would like to inform you that your child/ward falls in the severely overweight / overweight category as calculated using the body mass index (BMI) formula. To help your child/ward attain a healthier level of fitness, the Holistic Health (HH) department has planned the 'Recess Fitness' programme which will commence on 10 April 2017.

Your child/ward will be going through a variety of exercise programmes either at the school field or at the sheltered basketball court every recess. The school will also be monitoring your child's/ward's weight fortnightly. The recess programme should take only around 5 minutes and after that, your child/ward will proceed to the canteen for his/her recess break. In the event of haze and if the Pollutant Standards Index (PSI) reaches unhealthy level (>100), the programme will be suspended.

We would also like to encourage you to monitor your child's/ward's eating habits outside curriculum hours. The department believes that only with the strong collaboration between the school and the parents can we help to improve your child's/ward's health wellbeing and bring his/her weight down to an acceptable level.

Source: [www.hpb.gov.sg](http://www.hpb.gov.sg)



**GET ACTIVE**  
*Anytime, Anywhere*





We would also like to provide some suggestions in preparing healthier food for your child/ward at home. Below are some pointers acquired from the Health Promotion Board (HPB) website. You may find more health related tips on <http://www.hpb.gov.sg/HOPPortal/>.

- Use skinless poultry and lean meat when preparing food.
- Use ingredients with low-fat alternatives such as low-fat milk and low-fat evaporated milk when preparing food.
- Use wholemeal or whole-grain bread when preparing sandwiches. For example, use a slice of wholemeal or whole-grain bread while the other slice can be white bread.
- Use fats, oils and sauces with the Healthier Choice Symbol (HCS) when preparing food.
- Purchase processed food such as fish ball, fish fatty with HCS symbol as well.
- Choose water instead of carbonated drink. Encourage your child to purchase drinks with HCS symbol. These are normally drinks with less or reduced sugar.

We believe that some minor adjustments in lifestyle and habits will go a long way towards healthier living and we hope that you will assist us to look into improving the health wellbeing of your child/ward together with the school. You can contact me at [chng\\_chin\\_chuang\\_jonathan@moe.edu.sg](mailto:chng_chin_chuang_jonathan@moe.edu.sg) should you have queries on the programme. Please return the completed acknowledgement slip to your child's/ward's PE teachers by Friday, 7 April 2017.

Yours sincerely,

Mr Jonathan Chng  
Health Education Co-ordinator

Ms Tracy Tan  
Vice-principal

-----Acknowledgement Slip-----

I understand the rationale of the recess jog for my child/ward and I agree to support the school in the approach to assist my child/ward in losing weight healthily.

To the best of my knowledge, my child/ward is medically fit to do the Recess Fitness Programme.

Name of Child/Ward: \_\_\_\_\_

Class: \_\_\_\_\_

Name of Parent: \_\_\_\_\_

Contact: \_\_\_\_\_

Date: \_\_\_\_\_