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24th May, 2022

Circular 43 / 2021-22

Dear Parents / guardians,

2021-22 Joyful Fruit Month

According to the World Health Organization, adequate fruit and vegetables intake can reduce the risk of developing heart diseases, stroke and certain cancers. Hence, the Department of Health suggests that children aged 6 to 12 should eat one or two servings of fruits a day to keep their health at its best.

Our school has joined the "Joyful Fruit Month 2022" event organized by the Department of Health. "Joyful Fruit Month" aims to create a favourable environment in which students are encouraged to eat an adequate amount of fruit every day through home-school cooperation. The slogan-cum-theme for "Joyful Fruit Month 2022" is "Eat Fruits Every Day, Enjoy Benefits All the Way". Our school will launch the "Fruit Diary Card Award Scheme" during the period from **30th May to 26th June** for four consecutive weeks. We would like to show our continuing support to this joyful event in order to mobilize wider support for healthy eating and to encourage students to develop a habit of eating fruit daily. The details are as follows:

Activity	Date or Period	Details
Fruit Diary Card Award Scheme	30 th May to 26 th June (28 days)	<ul style="list-style-type: none"> ➤ Inter-class competition to encourage regular fruit eating habit of students: use the "Fruit Diary Card" to record students' fruit eating habits at home by putting stickers on it. ➤ Students should bring back "Fruit Diary Cards" on Monday to class teachers for record. If the students manage to eat fruit for seven days consecutively in a week, they would be awarded an extra sticker as reward by class teacher. ➤ "Fruit Diary Cards" must be handed in to class teacher on 27th June (Tuesday) for record and calculation of overall results.
Colour Competition	30 th May to 12 th June	Hand in colouring worksheet to class teacher on or before 13 th June (Monday).

With the support from parents, we believe children will eventually develop a good habit of eating fruit every day. Attached please find useful leaflets for you to understand more about the idea of the 'Joyful Fruit Month'. You may scan the QR code for further details. Wishing you all an enjoyable Joyful Fruit Month! Thank you for your attention.

Joyful Fruit Month



Ms YU Hing-yin
(Headmistress)

Encl. : "To Parents: Provide Children with Fruit Every Day to Improve Their Health" leaflet

"To Parents: Enjoy Fruit. Enjoy the Variety" leaflet

Fruit Diary Card Award Scheme : "Fruit Diary" and "Fruit Diary Sticker"

Seize the Day



Seize the Day



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Our Vision: Develop fully pupils' potentials
Equip them with life-long learning skills
Help them integrate into local community
Develop a global outlook

Our Mission: It is our mission to provide a positive learning environment that enhances each child's opportunity to learn and to develop through educational programme which recognizes the need for growth in moral, intellectual, physical, social and athletic skills, knowledge and attitude.