



# TAMPINES PRIMARY SCHOOL

250, Tampines Street 12, Singapore 529426

(Tel) 67831190 (Fax) 67843521 (Website)

<http://www.tampinespri.moe.edu.sg>

*An Icon of Excellence: To Value and Be Valued*



TPS/05/2016

12 Feb 2016



Dear Parents/Guardians,



## **Strategic Thrust 3-Achieving Aesthetics and Physical Excellence** **Healthy Weight Seminar**

The Healthy Weight Seminar will be held on 26 February at the school hall from 6.30 p.m. to 8.45 p.m. for invited pupils and their parents. Through this seminar we aim to strengthen our partnership and cooperation with the families of our overweight pupils to support every child to attain and sustain a healthy weight effectively; alluding to enjoyment of a physically active lifestyle.



Character and Citizenship Education

The seminar will start with an interactive session on Mindful Eating followed by fun Parent-Child activities by Sport Singapore. Representatives from the Health Promotion Board will also be presenting Kurbo, a new app for parents to monitor and augment their healthy weight efforts.



Student All-Round Development

We would like to take this opportunity to thank those who have signed up for their support and to be reminded to be attired comfortably for light activities. Refreshments will be provided during the seminar.



Teaching and Learning

## **Strategic Focus: Partnership**

### **Parents' Workshop**

Our annual parents' workshop will be conducted on Sat 27 Feb in our school premise. The theme of the workshop is "Learn-Fair Share". This workshop involves parent and child participation focusing on applying learning in real-life context.



Staff Well-Being and Development

Online registration is required. The registration will take place from 15 Feb to 18 Feb. For more information, do visit our school website for our online registration details.



Partnership

Have a good weekend!

With warmest regards



Miss Veronica Tay  
Principal

