



## Sir Ellis Kadoorie (S) Primary School

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29<sup>th</sup> April, 2021  
Circular: 35 /20-21

Dear Parents / Guardians,

### 2020-21 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 2021" 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 2021" is "**Healthy Fruit for Everyone at Any Time**".

In May, 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
Billboard Competition	3 <sup>rd</sup> May to 30 <sup>th</sup> May (28 days)	<ul style="list-style-type: none"><li>➤ Inter-class competition to encourage regular fruit eating habit of students: use the "Billboard" poster to record students' fruit eating behaviour at school by putting stickers on it (<b>2020-2021 Joyful Fruit Month Fruit Diary Cards must hand in before 4<sup>th</sup> June 2021</b>).</li><li>➤ Gather billboards from all classes and compute the overall score</li></ul>
Fruit Colouring Game	Week 15 (10/5 -14/5) (P.3-6) Week 16 (17/5 -21/5) (P.1-2)	<ul style="list-style-type: none"><li>➤ A worksheet is provided by the Department of Health</li><li>➤ <b>Hand in to class teacher on or before :18<sup>th</sup> May 2021 (for P.1-2), 24<sup>th</sup> May 2021 (for P.3-6)</b></li></ul>
English Crossword Puzzle	Week 15 (10/5 -14/5) (P.3-6) Week 16 (17/5 -21/5) (P.1-2)	<ul style="list-style-type: none"><li>➤ English Crossword Puzzles for students to learn interesting fruit facts</li><li>➤ <b>Hand in to class teacher on or before : 18<sup>th</sup> May 2021 (for P.1-2), 24<sup>th</sup> May 2021 (for P.3-6)</b></li></ul>

The event aims to foster home-school co-operation and create an atmosphere that favours fruit consumption both inside and outside the school. With the support from parents, we believe children will eventually develop a good habit of eating fruit every 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.



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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.

Joyful Fruit Month



Wishing you all an enjoyable Joyful Fruit Month! Thank you for your attention.

(Ms. YU Hing-yin)  
Headmistress

Encl. : "To Parents: Provide children with fruit every day to improve their health" leaflet

"To Parents: Tips of bringing fruit to school" leaflet

"Enjoy Fruit Enjoy the Variety" leaflet

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