



# Saviour Lutheran School

## Joyful Fruit Month (Circular No.: E145/ 2022-2023)

Dear Parents/Guardians,

Adequate fruit intake can increase vitamin and dietary fibre absorption. To develop regular fruit-eating habits among students, the school nursing team has taken part in the “Joyful Fruit Month” programme organized by the Department of Health and has set the school “Joyful Fruit Month” between 10th and 25th May, 2023. The programme consists of three parts, details are as follows:

### **Part 1: “Eat Fruits Every Day, Enjoy Benefits All the Way” Colouring Competition**

The school nursing team and the Visual Arts panel are co-organizing the “Eat Fruits Every Day, Enjoy Benefits All the Way” Colouring Competition to enhance students’ interests in eating fruits. Details are as follows:

1. Complete the colouring sheet provided by the school at home (Please be reminded to write down your name)  
- Creative drawings can be added to your work
2. Date of submission: Kindly hand in your work to class teachers on or before 22<sup>nd</sup> May, 2023.
3. Marking criteria: a) colouring skills 50% b) relevance to theme 25% c) creativity 25%
4. Prize: There will be a champion, 1st runner up, 2nd runner up and 5 merit prizes in both primary and secondary sections.

For any query, please contact Ms. Ho.

### **Part 2: “Fruit, Fun Share”**

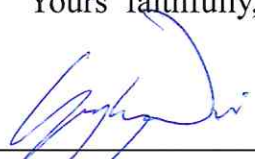
To feel the joy of having fruits together, on a day between 10<sup>th</sup> and 12<sup>th</sup> May, 2023, the school nursing team will distribute one portion of fruit (apples) for all students to have at school.

### **Part 3: “Bringing Fruit to School”**

Between 15<sup>th</sup> and 19<sup>th</sup> May, 2023, parents are encouraged to prepare a suitable amount of fruits for students to have at school. If students are able to have fruits at school every day of the week, students will be awarded with a certificate of encouragement.

Yours faithfully,



  
Rev. Yeong Ling Wui  
Principal  
8<sup>th</sup> May, 2023