



WISDOM KINDERGARTEN / WISDOM INTERNATIONAL PLAY SCHOOL

慧中幼稚園 · 慧中國國際幼兒園

2/F, PODIUM D OF TOWERS 15-16, RIVIERA GARDENS, TSUEN WAN, NEW TERRITORIES.
新界荃灣海濱花園 15-16 座平台 D 2/F TEL: 2406 7270

Notice No. 34

26th March 2021

Dear Parents,

According to the World Health Organization, adequate fruit and vegetables intake can reduce the risk of developing heart diseases, stroke and certain cancers. In regards to this, the Department of Health, and other relevant Government Departments, have co-organized an activity called 'EatSmart@school.hk' Campaign – "Joyful Fruit Month 2021" to create a favourable environment in which students are encouraged to eat an adequate amount of fruit every day.

To encourage the students to keep eating fruit every day, we have enclosed a Fruit Diary Card and a Fruit Diary Card Sticker and invite you to encourage your child to eat fruit daily from **29th March 2021 to 25th April 2021**. Please help by sticking a fruit sticker on the "Fruit Diary Card" on the days that your child eats a portion of fruit. If your child eats fruit for seven days consecutively, the class teacher will give him/her an extra sticker as reward. Students are required to hand-in their "Fruit Diary Cards" to the class teachers for checking every Monday. Class teachers will evaluate each student's progress every week, and then put stamps on the "Fruit Diary Card Award Scheme Posters". After four weeks, class teachers will present certificates of award to students according to their results on the "Fruit Diary Cards" for encouragement. Please also encourage your child to complete the "Fruit Colouring Worksheet", and play the "Fruit & Veggie Race" game board sheet together to gain knowledge of fruits and vegetables.

Please encourage your child to participate in the above activity to make eating fruit more enjoyable and rewarding, and to promote a good habit of eating fruit everyday.

Yours sincerely,

Wisdom Kindergarten / Wisdom International Play School

Rainbow Tong

Principal: Rainbow Tong

通告(三十四)

親愛的家長：

世界衛生組織指出，進食足夠的蔬果有助減低患上心臟病、中風和某些癌症的風險。故此，衛生署與有關政府部門及專業團體合辦一項名為「健康飲食在校園」運動 - 「2021 開心『果』月」之活動，為學生營造進食水果的環境，幫助他們培養每天吃充足水果的習慣。

同時，為培養幼兒主動吃水果，養成這良好習慣；現附上「水果日記卡」及「水果日記卡貼紙」各一張；希望各位家長在 2021 年 3 月 29 日至 2021 年 4 月 25 日期間，鼓勵 貴子弟每天進食水果，並在每天進食水果後，獎勵他們一枚水果貼紙，貼於日記卡上。如學童於一星期內連續七天進食水果，更可得一枚由老師給予的貼紙作獎勵。請家長於每星期一把日記卡交給班主任檢查。班主任將每週評估學童吃水果的情況，把獎勵印章在「水果日記卡獎勵海報」上。四星期後，班主任會根據日記卡上的成績，頒發獎狀給學童，以示獎勵。請鼓勵 貴子弟在家中完成「水果填色工作紙」，並與 貴子弟在家中進行「蔬果康樂棋」遊戲，增加蔬果的認識。

請各位家長鼓勵 貴子弟參加上述活動，使吃水果變得更有樂趣，從而培養 貴子弟養成進食水果的美好習慣。



慧中幼稚園 · 慧中國國際幼兒園



校長：湯彩虹

二零二一年三月二十六日