



17th November, 2016
Circular: 18 / 2016-17

Dear Parents / Guardians,

2016 Healthy Snack Week

Snacks play a major and growing role in children's diets. Serving healthy snacks to children is important to providing good nutrition and supporting lifelong healthy eating habits. "2016 Healthy Snack Week" will be launched to help pupils develop daily healthy eating habit. Parents are encouraged to prepare healthy snacks or food for your child such as fresh fruits, dried fruits, nuts, vegetables, wheat bread, milk, yoghurt, cheese, boil eggs, etc. For more information, please surf the website of Department of Health at <http://school.eatsmart.gov.hk>.

During the period from 21st November 2016 to 2nd December 2016, pupils will be awarded a mark to be posted on the list in the classroom every day if they bring healthy snacks to school. Please encourage your child to take part in the "Healthy Snack Week Competition" which will be organized during this period.

Thank you for your attention.



Yours sincerely,

(Ms. CHUI Sau-man)
Headmistress

Seize the Day



Seize the Day



Seize the Day



Seize the Day



Seize the Day

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.