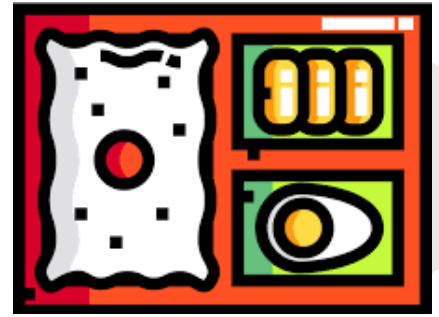


Healthy Kids Myrecess Time

NEWSLETTER | FEB 2020



MEAL SELECTIONS
THAT STRETCH
YOUR DOLLAR

THOUGHTFUL
MENU VARIETY WITH
A HEALTHY TWIST

FOOD SAFETY
AND QUALITY
ASSURANCE AT SATS

From Peanut Butter Sandwich to SATS Meals

Meet Rahman, our little champion who is willing to try something new!

I Like



Rahman, age 7, with his SATS Bento during Recess

Looking at Rahman's lunch box, it would not have been hard to guess what his favourite snack was.

Rahman smiled broadly as he munched on his favourite peanut butter sandwiches packed in a little container daily. He loved peanut butter sandwiches and was not willing to settle for anything different at the start of the year. Initially, it was challenging getting Rahman to give up his sandwiches, which were high in calories, saturated fats and sodium. Not until he tried the Cheesy Hawaiian Bar, and the delight on Rahman's face caught the teachers by surprise.

Rahman opened himself to a well-balanced diet and more choices as he tried the different meals. Springy Noodles with Omelette and Dim Sum Duo became his next few conquests. In the weeks that followed, Rahman continued to try different types of food and stepped out of his comfort zone.

Now, Rahman walks to the canteen with a spring in his step, always looking forward to the options provided during recess.

We applaud Rahman for his courage to try and take charge of himself by making well-balanced food choices.

- Happy Father -

"At first, I was worried that Rahman would refuse the SATS meals. Now I am happy to learn from the teachers that he is willing to try new food."

~ Mr Mohamed Faizal, father of Rahman

I Like

- Other Happy Parents -

"I am grateful that there is this meal arrangement by the school and SATS. I no longer need to worry about remembering to pass cash to my boy and if he is eating healthily in school."

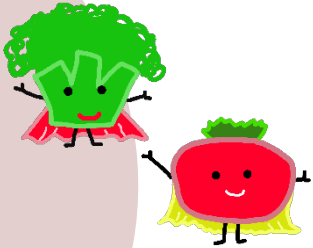
~ Daddy of Ethan

"We are sure that he loves the food as he always wishes that he could have more!"

~ Mummy of Marvell

"I am happy that the school has made arrangements to provide a wide variety of healthy meals. Busy parents like myself do not need to think about what meal to prepare for my child or worry if the meal is healthy and nutritional. There were some things that my girl did not like to eat at the start but I believe she will be open to eating all meals with the right nutrition in time to come."

~ Mummy of Isabella



Food Tasting by SATS 10-Course Meal

On 7 Feb, some Primary 1 students and parents were invited to a 10-course food tasting session by SATS. They were treated to Baked Omelette with Veg Bolognese and Diced Ham, Egg Toufu and Macaroni, and Singapore Fried Bee Hoon and Fishball, just to name a few of the meals. For each meal, the students had to choose either "Yummy" or "No, thanks".

The verdict? Baked Fish with Couscous received the highest ratings, and we were pleasantly surprised that the children indicated that they would like carrots to be added to their Corn Cup!

There was another interesting discovery. The parents had thought that the children would have chosen the Mini Pancakes with Jam over the Mini Pancakes with Banana Sauce, simply because the yellowish brown banana sauce did not look as appealing. However, our children had more discerning palates and the majority went for taste instead of colour.

Ms Alvina Chin, chair of the Parent Support Group, remarked, "SATS has improved a lot in terms of variety and taste since the beginning. Hats off to SATS for taking the effort to find out what children like."

Mr Pareek, who has a child in Primary 2, added, "I like the fact that SATS does not compromise on nutrition and taste and is trying to find the right balance. As a parent, it puts me at ease that there are fresh and nutritious options, and even options for vegetarians."

The data gathered from this food tasting session will be used by SATS in the planning of the Term 2 menu, so our children can continue to look forward to meals with great taste and attractive presentation!

IMPORTANCE of PERSONAL HYGIENE

Washing your hands properly can help prevent the spread of the germs (like bacteria and viruses) that cause these diseases. Some forms of gastrointestinal and respiratory infections can cause serious complications, especially for young children, the elderly, or those with a weakened immune system.

Let's Wash Our Hands!

Whooshy washy!
Wet our hands
Under running water
Add some soap and
Rub them hard
Don't miss any part!
Between our fingers
Under the nails
Rid germs without fail
Front and back
And round the wrist
No germs will be missed!
They may hide
But we shall seek
So we will not fall sick!
Splishy splashy
Bye bye germs
Down the drain they squirm
With clean towels
We dry our hands
Now let's show our friends!

1 Palm to palm
2 Between fingers
3 Back of hands
4 Base of thumbs
5 Back of fingers
6 Fingernails
7 Wrists
8 Rinse and wipe dry

Remember to wash our hands:

- After using the toilet
- After sneezing or coughing
- After playing with pets
- After sports or playing outside
- Before eating

Health Promotion Board

The Washing Hands posters can be found around the school toilets and washing points.



Our teachers ensure that the children wash their hands before and after food, and after using the toilet. They are now very familiar with the 8 steps of handwashing!

To help our children form this good habit for life, we also encourage them to wash their hands at home and when they eat out.

STAY HEALTHY AND BUILD UP YOUR IMMUNITY!



Prevention is always better than cure. Why fall sick when you can prevent it from happening? Here are some tips to build up your immunity and keep diseases at bay!

Regular Meals, Healthier You

Have a little snack, and more time for your regular meals! Keep track of your meal intake with the Healthy Plate – 2 servings of vegetables and 2 servings of fruits every day.

What is 1 serving of vegetables? Take a dessert spoon as your gauge, and heap up 2 spoons full of cooked vegetables. That's a serving for you! Grab a small apple in the morning to fulfil your single serving of fruits, and a wedge of watermelon in the evening, and that's how you get your 2 servings of daily fruits intake.

Remember to eat a variety of colourful fruits and vegetables! The natural pigments in fruits and vegetables bring a host of benefits to the body and protect you from common diseases.

Stay Hydrated, Keep Drinking

Bring along your water bottle wherever you go. This will ensure that you always have something to drink. Flavoured drinks contain a lot of sugar which will increase the probability of health risks, and do little good to hydrate you. Water also makes you feel good, hydrates you, and flushes out the toxins in your body!



Shake It Off!

Exercise to strengthen your immunity towards illnesses to promote healthy growth and development. Achieve a healthy weight by engaging in more sports or exercise to help build strong bones and muscles!



I AM
BRIGHT,
I EAT
RIGHT!



www.blangahrisepri.moe.edu.sg/parent-support-group/sats-school-meals-programme/

Want to know more about the Be Bright Eat Right Programme? Find out more on the school website!

sats_schoolmeals@sats.com.sg

Need more information on our programme or how healthily your child is eating?

Ask our panel of Dietary & Culinary Experts!

Have enquiries?

Call the school general office at 62717387 or email us at brps@moe.edu.sg!



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