

## DH11 CHUA YUE LIN 11.11 YOU LEAN ON ME IDEABGARD FOOD, HEALTH, SVPPORT



## <u> D.Carteer</u>

- "Isn't it always so crowded in the canteen?!
   wonder if there's a way to solve it?"
- DEVELOP A <u>DUNMANIAN APP</u> ABOUT THE CANTEEN.
- RECESS TIMETABLE
  - know how many classes have recess at the same time so we can make an informed decision such as going to a less crowded places e.g. Cafe to eat
- D.ORDER
  - o Order through D.APP with the canteen menus,pay and collect at the stalls. These would reduce waiting time and congestion

## Self Care week

- "Aiyo, there's always work after work to do!

  What can I do?!"
- Equips students with essential skills to properly de-stress and raise the importance of self-care.
- A FULL WEEK OF ACTIVITIES THAT TEACH
   STUDENTS SELF-CARE TIPS
  - O Game-quiz, Gratitude booth etc
- Also, within that one week, have 1 FULL
   DAY OF RELAXATION that allows students to fully relax by doing activities, going to talks and game booths