

BENDEMEER PRIMARY SCHOOL



28 January 2022

Dear Parents/Guardians of Primary Five,

Stepping Up Programme

As part of our school's effort to promote the love for physical activities and the adoption of a healthy lifestyle for our students, we will equip each P5 student with a fitness tracking device that will allow them to track their daily steps and monitor their heart rates.

With the step tracker in their possession, we hope that they will be responsible for their fitness and be motivated to continue with a healthy lifestyle.

Objectives:

Students to:

- be responsible for their fitness by tracking and monitoring their daily steps
- exercise responsibly by monitoring their heart rate.
- inculcate the school values of Adaptability, Self-Discipline, Passion, Integrity, Resilience and Empathy.

We are fully subsidising the step trackers and we want our students to commit themselves to the programme diligently. Let us work in partnership to support and encourage your child to maintain a healthy lifestyle at home. As you support your children, do adhere to SMMs and to remind your children to refrain from exercising two weeks after their vaccination.

The programme will be launched from 7 February 2022, Week 6.

Let's work together to keep our children healthy!

Yours Sincerely


Mrs Tan-Lim Kim Gek
Principal