

WEST GROVE
Primary School

Wisdom and Grace

**Eat right, get moving Parents' Outreach Workshop
2023**

Flow of event

Time	Activity
8.45am	Registration
9.00 am	Kahoot Game!
9.15am	Guest Speaker: NKF
9.45am	Let's Move it! Warm up (Club Gazelle)
10.00am	Get Moving with Mr Huang and Mr Saw!
10.20am	Water Break
10.30 am	Eat Right with Mr Wahid!
10.55 am	Survey

5 REASONS TO AVOID PROCESSED FOOD

- 1 Loaded with added sugar, sodium and fat
- 2 Contain lots of artificial ingredients
- 3 High in carbohydrates & low in nutrients and fiber
- 4 Make you overeat and causes weight gain
- 5 Higher risk of cancer

WHAT YOU NEED TO KNOW ABOUT BUBBLE TEA...

SUGAR IN BUBBLE TEA

BROWN SUGAR
BOBA MILK TEA:
92.5G OF SUGAR

18½
tsp of sugar

NO
CHOICE
ON SUGAR
LEVEL



PASSIONFRUIT
GREEN TEA
(100 PER CENT SUGAR):
43G OF SUGAR

8½
tsp of sugar

NO
CHOICE
ON SUGAR
LEVEL



WINTER
MELON TEA:
80G OF SUGAR

16
tsp of sugar

NO
CHOICE
ON SUGAR
LEVEL



JASMINE GREEN
TEA WITH FRUITS:
42G OF SUGAR

8½
tsp of sugar

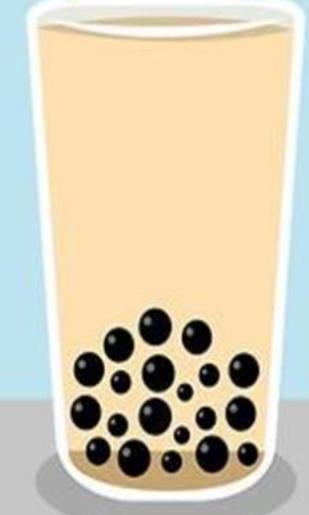
NO
CHOICE
ON SUGAR
LEVEL



BUBBLE MILK TEA
(100 PER CENT SUGAR):
102.5G OF SUGAR

20½
tsp of sugar

NO
CHOICE
ON SUGAR
LEVEL



AMOUNT OF SUGAR IN 500ML



* tsp = teaspoon

*By comparison, a can of Coke has 7 teaspoons of sugar

HOW TO MOTIVATE KIDS TO EXERCISE

- Let them pick their exercise/activities
- Make time of exercise & establish regular routines
- Praise their efforts
- Involve their friends
- Start with small amounts of exercise (Don't over do it)
- Set challenges and goals
- Monitor their progress



How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



Tight on time this week? **Start with just 5 minutes.** It all adds up!

REDUCE SCREEN TIME & INCREASE OUTDOOR PLAY TIME

Recommended screen time for children under 12
years old = **Not more than 2 hours daily**

Children of all ages should spend **at least**
90 minutes a day outdoors





WGPS programme in supporting healthy lifestyle

“Catch them eating right”

- Capturing students' eating right moment
- Displaying good role model among peers
- Encouraging healthy eating habit



West Grove Primary School
JUMP ROPE FOR FUN(JRFF)
Primary 3

Name: _____ Class: _____
(Card 1)

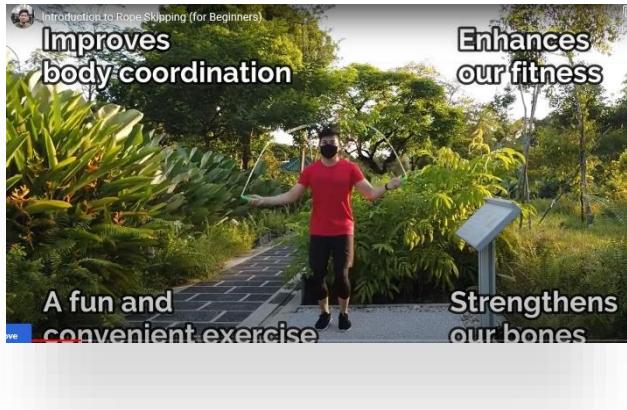
LEVEL 1: SPEED JUMPING (TWO FOOT JUMP)

No. of repetition required	8	Tick if completed	   
No. of repetition required	10	Tick if completed	   
No. of repetition required	15	Tick if completed	   
Set a target on how many time you want to skip in 30s		_____	Tick if achieved 

LEVEL 2A: SKILL JUMPING (SIDE STRADDLE)

No. of repetition required	8	Tick if completed	   
No. of repetition required	10	Tick if completed	   
Set a target on how many time you want to skip		_____	Tick if achieved 

Keep up the good work!
Resilience and commitment, keys to achieve your goal! ☺
** Do log into your SLS account to view the demonstration videos of the different skills.



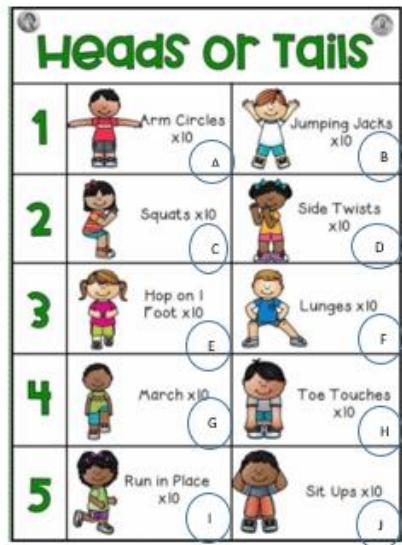
Jump rope for fun (JRFF) programme

- To increase moderate to high intensity warmup activities
- Different targets for different levels
- Self learning pace and motivation

Club gazelle CCA

- To increase exercises in a fun way
- Partnership with HPB active youth programme
- Variety of sports games to increase joy of learning through exercises

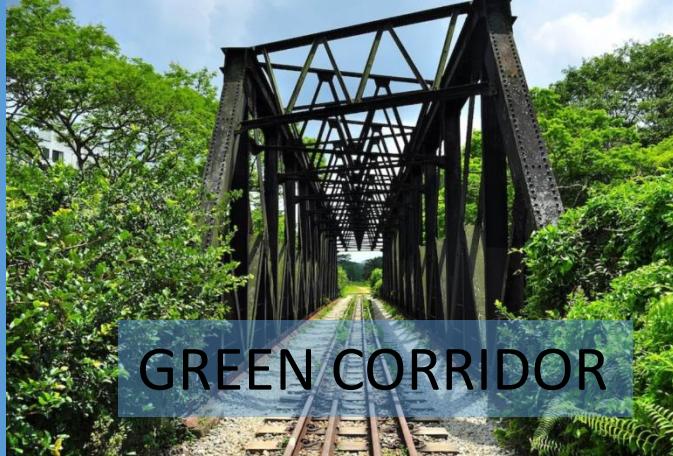
Examples of exercises you can do at home



Write down the exercises that you have done for the day (A to S)

Mon	Tue	Wed	Thur	Fri
		25 Jan <u>Eg. A, B, C, D, Q, R, S</u>	26 Jan Club Gazelle 2-4pm	27 Jan
30 Jan	31 Jan	1 Feb	2 Feb	3 Feb
			Club Gazelle 2-4pm	
6 Feb	7 Feb	8 Feb	9 Feb	10 Feb
			Club Gazelle 2-4pm	
13 Feb	14 Feb	15 Feb	16 Feb	17 Feb
			Club Gazelle 2-4pm	
20 Feb	21 Feb	22 Feb	23 Feb	24 Feb
			NO Club Gazelle	
27 Feb	28 Feb	1 Mar	2 Mar	3 Mar
			Club Gazelle 2-4pm	

HIKING IDEAS IN SINGAPORE





1 BUY HEALTHIER CHOICE ITEMS

Receive QR codes for healthier choice purchases at supporting outlets.

2 SCAN QR CODE WITH HEALTHY 365 APP

Earn stamps in the Passport and Healthpoints upon scanning.

3 REDEEM REWARDS

Unlock prizes as you accumulate stamps and convert Healthpoints into Sure Wins rewards.

Healthy 365 is a mobile application by the Health Promotion Board (HPB) Singapore which aims to encourage users to adopt a healthier lifestyle. Through the use of gamification and rewards, users are encouraged to sign up for in-app challenges and health programmes to earn Healthpoints.

The app seamlessly pairs with fitness tracking devices to help users log their daily steps count and amount of time spent on active exercises. Users can also scan QR codes via the app to earn Healthpoints when they purchase healthier meals, drinks and groceries from participating partners.

By 7 February 2023, all users must perform a one-time Singpass login to continue using the Healthy 365 app.



Sundays @ The Park



Healthy Workplace Ecosystem

1 Download the Healthy 365 app.

GET IT ON Google Play

Download on the App Store

2 Open the 'Challenges' tab, select this challenge and sign up.

3 Scan QR code at activity venues and win! Register for an activity and scan the QR code after each session. You're on your way to earning Healthpoints!



Active Family



Mall Workouts



Community Physical Activity Programme



S\$100 top-up in ActiveSG credit for children aged 4 to 12



Children who are Singapore citizens or permanent residents, born between 2011 and 2019, will be eligible for the top-up if they are ActiveSG members.

[Matthew Mohan](#)

06 Mar 2023 02:05PM | (Updated: 06 Mar 2023 02:15PM)

These credits can be used to offset the cost of programmes such as ActiveSG academies and clubs, leagues and competitions, as well as cover entry fees for swimming pools and facility bookings.

One has to be at least 12 years old to apply for ActiveSG membership, but those who are below 12 are eligible for supplementary memberships, tagged to the accounts of their parents or guardians.



ACTIVE
PARENT



ACTIVE PARENTS SCHOOL HOLIDAY PROGRAMME IS BACK!



Look no further for parent-child sporty fun like no other!
This March holidays, pick up a sport or two with your child
and sweat it out together!

Brought to you in collaboration with ActiveSG Academies & Clubs

Holiday Programme: Athletics (Refer to ActiveSG FB or app)

**SCHOOL HOLIDAY PROGRAMME
REGISTER VIA ACTIVESG APP**

5-12 years old	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	13 March	14 March	15 March	16 March	17 March	18 March
08:30-10:00				Bedok		
08:30-10:00	Home of Athletics					
08:30-10:00	Clementi					
08:30-10:00			Hougang			
08:30-10:00				Woodlands		
08:30-10:00	Choa Chu Kang					

ActiveSG
Athletics Club

ActiveWallet

QR code for registration.

ActiveSG
Athletics Club

RACING FOR A GREENER TOMORROW

Let's work together to make our earth greener and healthier. Let's play a part to recycle your used clothing, medals or any recyclables to the finale event! Together, we experience the race through a sustainable cause.

18 MARCH 2023 | 12PM - 5 PM | HOUGANG STADIUM

Events list	
5-6 years old	80m Run, 300m Run, Standing Broad Jump, Tennis Ball (Overhead) Throw, 4x50m Shuttle Relay
7-8 years old & AAC II	120m Run, 600m Run, Long Jump (10m Run-Up), Vortex Throw, 8x100m Shuttle Relay
9 - 10 years old	120m Run, 600m Run, Long Jump (10m Run-Up), Vortex Throw, 8x100m Shuttle Relay
11 - 12 years old	150m Run, 800m Run, Long Jump (10m Run-Up), Turbo Javelin Throw, 8x100m Shuttle Relay
13 - 16 years old	150m Run, 800m Run, Long Jump (10m Run-Up), Turbo Javelin Throw, 4x100m Shuttle Relay

SIGN UP NOW!



@sgsportshub

Holiday
Programme:
Basketball
**(Refer to ActiveSG
FB or app)**

**Do head down and
support!** 🏀🥇🏀



SCHOOL HOLIDAY PROGRAM

BUKIT CANBERRA / JURONG EAST / OUR TAMPINES HUB



**Holiday
Programme:
Volleyball
(Refer to
ActiveSG
FB or app)
Closing date:
13 March**

ActiveSG Football Academy

School Holiday Programme March 2023



Venue	Age Group	Date	Time	Registration Period
Choa Chu Kang Stadium	U8 & U10	14-16 March	8-9.30am	1 March 12pm – 13 March 12pm
	U12 & Youth	14-16 March	9.30-11am	
Hougang Stadium	U8, U10, U12	18-19 March	8-9.30am	1 March 12pm – 17 March 12pm
	U8, U10, U12	18-19 March	9.30-11am	

Sui Chiat See • 16h



Eat Right, Get Moving Parents' Outreach Workshop 2023

This is a platform for us to share simple healthy recipes and simple exercises that you did with your child. It will be available for the whole month of March 2023.

Instructions on the use
of this page

You can choose to type
your name or initial here.

Information on the
workshop will be
shared on this column
soon. Stay tune...

Fun moments! Take
pictures of some of the
items you have received
today and post it in this
column. :)

Get Moving Time!
Upload a picture of you
and your child doing the
Bingo activities!

Eat R
of the
have
share



0

Write something fantastic...

X R _

Publish

Subject ←



+

+

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Please scan
the QR code
to go into
Padlet while
waiting ☺



Please scan the QR code to do a simple survey at the end of the workshop.

Thank you.

