



世界红卍字会新加坡总主会主办
THE WORLD RED SWASTIKA SOCIETY
(SINGAPORE ADMINISTRATION CENTRE)

卍慈学校 **RED SWASTIKA SCHOOL**

350 BEDOK NORTH AVE 3 SINGAPORE 469719
TEL: 64430380 FAX: 62448391 EMAIL: redswastika@moe.edu.sg

19 March 2018

Dear Parents/ Guardians,

In line with the National and Ministry's efforts to promote *holistic health and total well-being* of students, schools have embarked on the Holistic Health Framework. This framework focuses on the total well-being of students that encompasses the physical, mental and social health. Essentially, it aims to provide every child opportunities to access the knowledge and develop the skills and attitudes to live healthily. Consequently, the school has planned a series of health activities and programmes to look into the various aspects of your child's/ward's health.

One such programme is the **F³ Programme** (F-Cube Programme). The programme is designed based on the simple notion of providing your child/ward an additional platform to have **Fun**, stay **Fit** and make new **Friends** through learning new sport skills, playing games in teams as well as engaging in various physical activities. It aims to enhance your child's/ward's total well-being - emotionally, mentally, physically and socially. We are pleased to inform you that your child/ward has been selected to be a member of **Team F³ 2018**.

The **F³ Programme** will be conducted on every Wednesday afternoon from 2pm to 3.30pm starting from **28/3/2018 (Term 2 week 2)**. Some of the planned activities in this programme are nutrition lessons, cardiovascular fitness and strength training, aerobics workout and games such as Kick-boxing, Frisbee and CrossFit. The activities will be suspended during the examinations (CA/SA) weeks. Kindly refer to attached schedule for more details. If your child/ward is absent or unwell on a particular day, he/she will have to produce a **medical certificate (MC)** or a letter of excuse from you.

We hope that through this **F³ programme** with your support and cooperation, your child/ward will adopt a healthier lifestyle.

Thank you.

Yours sincerely,

Mrs Jenny Leong

Principal



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Consent Form

Parent's Copy

Activity	F³ (F-Cube) Programme
Date/ Time	Wednesday afternoon (starting from 28/3/2018) 2 pm to 3.30 pm Dates for term 2: 28/3, 4/4, 11/4, 18/4, 25/4, 9/5, 16/5, 23/5 *Schedule for semester 2 will be provided at the end of semester 1
Venue	School Hall/ Parade ground
Group/ Class(es)	Selected P3 to P6 students
Assembly Area	Outside PE room
Teacher(s)-in-charge	Mr Mike Kho, Mr Jonathan Chin, Ms Nadlyn and Mdm Raihana
Remarks	Students are reminded to change into PE attire and bring along a fruit and water bottle

Please return the reply slip below to the teacher-in-charge by: 23/3/18



----- Please cut along this line and submit the slip below -----



Consent Form

School's Copy

Reply Slip

Activity: F³ (F-Cube) Programme

Date & Time of Activity: Wednesday 2 to 3.30pm **Venue:** School hall/ parade ground

I, (parent's name) _____, *(do not allow / allow)
my child/ward, (pupil's name) _____ of Primary
_____ to participate in the above-mentioned activity.

Signature of *(Parent / Guardian): _____

Current Date : _____

Contact number(s) in case of emergency: _____

* Please delete where appropriate