



PARK VIEW PRIMARY SCHOOL

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PVPS-2024-11

8 July 2024

Dear Parents/Guardians,

Greetings from Park View Primary School!

A. HEALTH AWARENESS WEEK 2024

Health Awareness Week is an annual event organized by the Physical Education (PE) Department and will be from **Monday, 15th July 2024 to Friday, 19th July 2024**. The objective of the event is to highlight the importance of taking care of your own health.

The PE Department has planned several activities during recess for that week as shown below:

Day of the Week	Activity
Monday	Cyber-wellness Awareness
Tuesday	Guess the food on 'My Healthy Plate'
Wednesday	Sports Carnival
Thursday	Health Booth by Singapore Heart Foundation (SHF)
Friday	'My Healthy Plate' Competition

To enhance awareness of kidney health, the National Kidney Foundation will also set up their booth in our school throughout the week. We encourage our students to visit the booth to learn about kidney dialysis treatment and gain valuable tips for maintaining healthy kidneys.

B. RACIAL HARMONY DAY (RHD)

Please be informed that the school will be commemorating Racial Harmony Day (RHD) on **Monday, 22nd July 2024**. This year's Racial Harmony Day theme, Singapore: Our Multicultural Mosaic, focuses on the appreciation of the diverse races and religions that make up our multicultural society, which contribute to our shared sense of cohesion and harmony. It is important to help our students apply the theme in their lives, to explore what it means to strengthen connection amongst communities, and to take action to preserve racial harmony in Singapore.

To provide platforms for students to experience the culture and games of different races in Singapore, the school has planned a series of programmes which include an assembly program, CCE lessons and a variety of recess activities. We strongly encourage our students to come to school in ethnic costumes on **Monday, 22nd July 2024**. Ethnic costumes should be worn with school shoes for students' safety. Students also have the option to come to school in their school uniform or PE attire.

Yours sincerely,

Ms Jamie Lie
Principal

Leaders of Character, championing Service and Excellence.

Respect for All. Responsibility in Actions. Resilience in Adversity. Integrity Our Core. Care for Community. Harmony in Diversity.