



NORTHLAND PRIMARY SCHOOL

Firm Foundations, Future Learnings

15, Yishun Avenue 4, Singapore 769026
Tel 6759 8884 • Fax: 67559196 • Email: northland_ps@moe.edu.sg
Website: www.northlandpri.moe.edu.sg

7 August 2017

Letter to Parents: 99/2017 (Selected Students Only)

Through: The Principal

Dear Parents/Guardians,

A Healthier Start - Workshop for Parents



A hands-on programme designed to equip parents with good health tips such as ways to encourage fussy eaters. You will get to create and sample your own healthier dish! Next, get to know the Kurbo app. The app is created specifically for children to achieve their health and weight management goals.

Schedule, Saturday, 19 August 2017

0850-0900: Registration at the PAL room (Northland Primary)

0900-1000: Eat Right, Get Moving hands on programme

1000-1100: Learn about Kurbo

Closing date for registration: **18 August 2017**

There are limited vacancies and registration is based on a first-come, first-served basis. Online registration will close once the quota is met. Do register early to secure your seats.

Registration for the workshop can be done online starting 7 August 2017 at <https://tinyurl.com/healthnps> or by scanning the QR code:

We look forward to seeing you at the workshop!



MS WENDY ZHAO
HEALTH EDUCATION COORDINATOR