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Woodlands Primary School

Reference 80 / 2018

3 May 2018

Dear Parents/Guardians,

HEALTHY LIFESTYLE AT WOODGROVE

In line with promoting health lifestyle among pupils, the school will be hosting the Healthy Lifestyle at Woodgrove event on Saturday, 12 May 2018 from 7.30am to 11am. The event is organized by Woodgrove Citizens' Consultative Committee (CCC), with support from Woodlands Primary School.

2 Tickets are priced at \$3 and will include a goodie bag and a bento meal. The event will start off with a morning brisk walk at 7.30am and participants are free thereafter to take part in various activities. Please refer to the attached poster for the different activities available.

3 **Tickets will be available for purchase on 4th May (Friday) and 7th May (Monday) at a booth outside the General Office. Your child/ward can purchase the tickets during their recess time.** You may contact Woodgrove Community Centre at 63669010 for enquires regarding the event.

4 This is a good opportunity for you to bond with your family and engage in health lifestyle activities. We look forward to your active participation and support in this community event.

Thank you.

Yours sincerely

Ms Winnie Tan
Principal

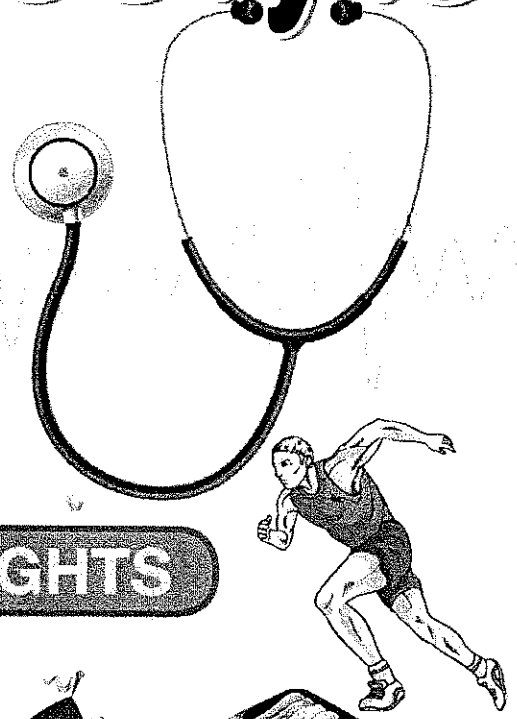
Healthy Lifestyle at Woodgrove

12th MAY 2018 (SATURDAY)

7:30AM – 11:00AM

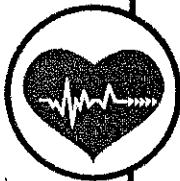
Woodlands Primary School

(10, Woodlands Drive 50, Singapore 738853)



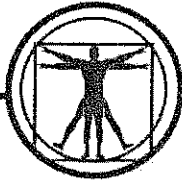
SCREENINGS

- #Health Screening (Blood Pressure, Blood Test, BMI)
- #Functional Screening
^Terms and Conditions Apply
- #Mammobus Screening
- #Dental Check



#Pre-registration and separate ticket required. Additional fees may apply. Limited pre-registration slots.

HIGHLIGHTS



LIFESTYLE PROGRAMMES

- Health Talks by HPB
- Healthy Cooking Demo with Adviser Mr. Ong Teng Koon
- Shoulder Massage by Visually Impaired Masseurs (Only once per person)
- *Children Colouring Contest (Categories Pre-school, Lower Primary & Upper Primary)
* Pre-registration required. Limited pre-registration slots.

\$3



MASS FITNESS PROGRAMMES

- Brisk Walk • Zumba • Dance-Fit (Starts @ 7:30AM)
- Sports demo by Woodlands Primary School

All pre-registrations can be at Woodgrove CC or RC Centres.

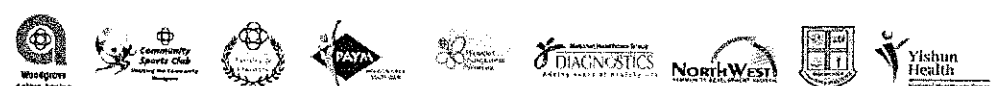
All tickets can be purchased at Woodgrove Community Centre and RC Centres.

For more enquiries, please contact Woodgrove Community Centre at 6366 9010 from 2pm to 10pm daily except Public Holidays or your respective RC Centres

Organised by:



Supported by:



Registration No.:

**HEALTHY LIFESTYLE @ WOODGROVE 2018
COLOURING CONTEST – REGISTRATION FORM**

Full Name	Date of Birth	Gender (F/M)	**State Category 1, 2 or 3

****Cat 1 – 4 to 6 years old (Pre-School) (Report at 8.00am) / **Cat 2 – 7 to 9 years old (Lower Primary) (Report at 9.00am) / **Cat 3 – 10 to 12 years old (Upper Primary) (Report at 8.00am)**

Address: _____

Parent/Guardian's Name: _____ Relationship to Participant(s): _____

Telephone No. _____ (H) _____ (HP)

I declare that the particulars on this application are true and I hold myself solely responsible for any injuries that my family may sustain during the contest. I agree to abide by the Rules & Regulations of the Contest. I consent that the personal information provided may be used by the PA to contact me in connection with my participation with the PA and/or its affiliated grassroots organisations. The PA may make my personal data available to external individuals or organisations (if necessary) to fulfil the registration approval as well as for all matters relating to my participation with the PA and/or its affiliated grassroots organisations.

Signature

Date

Kindly submit this form at

Woodgrove Community Centre Blk 353 Woodlands Ave 1 #01-753 Singapore 730353 or Respective RC Centres or Woodlands Primary School (For Students who register through the school only)

Opening Hours for Woodgrove CC: Monday to Sunday 2pm to 10.00pm (Except for public holidays)

Or email to PA WoodgroveCC@pa.gov.sg

Reg. No.:

**HEALTHY LIFESTYLE @ WOODGROVE 2018
COLOURING CONTEST – REGISTRATION FORM**

Sunday, 12 May 2018, Woodlands Primary School (10, Woodlands Drive 50 – S738853)

COLOURING CONTEST REGISTRATION FORM

- a) Registration Fee = Ticket Purchased
- b) Participants will be provided with a piece of paper for colouring
- c) Bring **Crayons** for Pre-School & **Coloured Pencils** for Lower and Upper Primary School
- d) Eligible age groups: 4 to 6 years old (Pre-School) / 7 to 9 years old (Lower Primary) / 10 to 12 years old (Upper Primary)
- e) Only open to Residents of Woodgrove and Students of Woodlands Primary School

Served by: _____

Stamp: _____

For competition registrations, please contact:
Woodgrove CC 63669010

Organised By
WOODGROVE CCC

