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Woodlands Primary School

Reference: / 2018

9 January 2018

Dear Parents/Guardians,

WE-FIT Programme

WE-FIT is a school programme to support pupils who are classified as severely overweight and overweight. The school will support the pupils by cultivating healthy eating and active living habits, so as to achieve positive health outcomes in the long term.

1. This programme also seeks to promote stronger partnership with parents to ensure that healthy habits learnt in schools are modelled and practised beyond school. This programme is designed to focus on activating the motivation of students who are classified as severely overweight to eat healthily and be more physically active as a way of life through positive behaviour modification.
2. All selected pupils are **strongly encouraged** to participate in this programme. The objectives of the programme are stated below.
 - To enable students to adopt and sustain healthier habits. It emphasises behavioural modifications that influence weight status, leading to gradual decrease in body mass index¹, rather than focus on short-term weight loss.
 - To equip students with the necessary knowledge, skills and attitude on behaviour modification strategies that influence weight status, e.g., healthy eating habits and regular physical activity which are critical to ensure that positive habits are adopted progressively and sustained.
 - To increase students' activity and learning time in purposeful physical activities
 - To cultivate stronger ownership and motivation to adopt healthy habits for sustained participation in physical activities.
 - To enhance the effectiveness of lifestyle intervention through parents' involvement and role modelling.
3. The programme is scheduled **on Wednesdays, from 3.45pm to 5.15pm**. The programme schedule (Annex A) is attached for your reference.
4. The cost of the programme is fully subsidized by the school. Please ensure the attendance of your child/ward for all sessions. Your child/ward will need to produce a medical certificate or a letter from parent/guardian to the teachers-in-charge on the following session in the event if he/she is sick and not able to turn up.
5. Should you need further information, please contact Mr Micky Ng at 6269 7410.
6. Please submit the completed **Reply Slip** to the PE teacher by **12 January 2018**. We look forward to your child/ward's participation.

Yours sincerely,

Mrs Amy Soh
HOD PE, CCA & Aesthetics

Annex A

WE-FIT PROGRAMME

Day: Wednesday

Time: 3.45 p.m. to 5.15 p.m.

Venue: WISH 1

P3 and P4 pupils			
Term / Week	Date	Day	Lessons / Remarks
Term 1 / Week 3	17/01/18	Wednesday	Games and Sports
Term 1 / Week 4	24/01/18	Wednesday	
Term 1 / Week 5	31/01/18	Wednesday	
Term 1 / Week 6	07/02/18	Wednesday	
Term 1 / Week 7	14/02/18	Wednesday	Active Youth Workout Zumba
Term 1 / Week 8	21/02/18	Wednesday	
Term 1 / Week 9	28/02/18	Wednesday	
Term 1 / Week 10	07/03/18	Wednesday	

P5 and P6 pupils			
Term / Week	Date	Day	Lessons / Remarks
Term 1 / Week 3	17/01/18	Wednesday	Active Youth Workout Kpop Fitness
Term 1 / Week 4	24/01/18	Wednesday	
Term 1 / Week 5	31/01/18	Wednesday	
Term 1 / Week 6	07/02/18	Wednesday	
Term 1 / Week 7	14/02/18	Wednesday	Games and Sports
Term 1 / Week 10	07/03/18	Wednesday	

Reply Slip

(to be returned to the PE teacher by 12 January 2018)

WE-FIT PROGRAMME

Name of child: _____

Class: _____

Please tick only 1:

I **allow** my child to participate in the WE-FIT Programme.

Please take note of my child's medical condition (if any): _____

I **do not allow** my child to participate in the WE-FIT Programme because

Parent's Signature : _____

Parent's Name : _____

Contact Number (1) : _____

Contact Number (2) : _____

Date : _____