

**深信堂幼稚園**  
**有關「健康生活小勇士獎勵計劃」**

- ◆ 目的：學校響應「幼營喜動校園」計劃，為幼兒舉辦「健康生活小勇士」獎勵計劃，培養幼兒多吃蔬菜和減少螢幕時間的良好習慣。
- ◆ 日期：由 2017 年 6 月 4 日（星期日）至 7 月 1 日（星期六）
- ◆ 內容：1. 挑戰(一):請家長鼓勵及協助幼兒多吃蔬菜，當孩子每天達到目標時，協助他們在「小勇士記錄咭」上貼上一個蔬菜貼紙作記錄及鼓勵。  
挑戰(二):請家長教導及協助幼兒記錄每天觀看螢幕的時數(包括電視、手機、平板電腦等)，並在「小勇士記錄咭」填上顏色。  
2. 請幼兒在 2017 年 7 月 6 日（星期四）前帶回「小勇士記錄咭」交給老師，記錄良好的學生，將獲頒發禮物。

- 附帶事項：1. 為了學生的出入安全，免與基督教香港信義會深信學校的放學時間相同，故由 2017 年 6 月 26 日（星期一）至 7 月 19 日（星期三），放學時間調整為下午 12 時 10 分，敬請注意！
2. 2017 年 7 月 20 日（星期四）學生聚餐，詳情容後通知。

校長李尚敏謹啟  
2017 年 6 月 2 日

**Faith Lutheran Church Kindergarten**  
Circular Regarding “Little Healthy Fighter” Scheme

2<sup>nd</sup> June 2017

Dear Parents,

To echo the themes of [StartSmart@school.hk](http://StartSmart@school.hk), the school hold an activity named “Little Healthy Fighter” Scheme. This activity is designed for children to develop a good habit of “eating more veggies” and “reducing screen time” every day.

Details are as follows:

Date : During the period from Sunday 4<sup>th</sup> June to Saturday 1<sup>st</sup> July, 2017 for four consecutive weeks

Content : There are two tasks to be completed. Each student will be given a “Healthy Living Logbook” and stickers. Whenever the student has met his/her target, parents should give him/her a veggie sticker and have it adhered to the “Logbook” as reward.

(1). Task 1: “Give them more veggies”

Parents set the health target of giving each of their child at least 1.5 servings of veggies each day. Whenever the child has met this target, give him/her a “veggie sticker” as reward.

(2). Task 2: “Make them reduce screen time”

Parents need to instruct their child to colour a suitable portion of the white spaces to record their screen time (including TV, mobile phone, tablet, etc.) in the logbook every day. Colouring into the red tips means they are having too much screen time. Students should limit their screen time to 2 hours or below.

(3). Students should bring back their “Healthy Living Logbook” to the class teacher **before 6<sup>th</sup> July, 2017 (Thursday)**. A gift will be given to those who have good performance on the “Healthy Living Logbook” for encouragement.

Remark : 1. To avoid having the same school hours with the ELCHK Faith Lutheran School, and for the sake of students safety, our school hours will be postponed to 12:10p.m for the period of 26<sup>th</sup> June (Monday) to 19<sup>th</sup> July (Wednesday).

2. 20<sup>th</sup> July, 2017 (Thursday) is End of Term Party. Details will be informed in due course.

Ms Lee Sheung Man  
The Principal