

(本通告已發出 eClass 電子版通告，敬請 貴家長於閣下智能電話上細閱通告內容及簽署。)

*由 2018 年 1 月 22 日起，本校將停止使用紙本形式的家長通告，敬希垂注。

伊斯蘭鮑伯濤紀念小學通告

IC/SC/107C/17-18

敬啟者:

健康飲食計劃 – 「至醒食家」

健康飲食有助促進學童健康成長，對預防肥胖、心臟病、糖尿病、癌症等慢性疾病至為重要。惟現時本港學生因種種原因，普遍未能遵行健康飲食原則。有見及此，衛生署聯同教育局及相關機構積極推行健康飲食運動，以協助學生建立良好的習慣。在本學年上學期，本校已開始推行「至醒食家」計劃，全面提升學生保持身體健康的意識，並銳意使伊鮑小成為一所「健康校園」。計劃的詳細資料如下：

目的	<ul style="list-style-type: none"> - 提升學生對健康飲食的意識 - 建立健康飲食文化 	
時間	由 22/01/2018 及往後學年	
內容	<p>1. 進食健康小食</p> <ul style="list-style-type: none"> - 能為學生提供重要的營養素，同時又含少脂肪、鹽及糖 <p>例如：全麥包、新鮮水果、水煮蛋、低脂芝士三文治、低脂奶或乳酪</p> <p>- 參考資料： * http://school.eatsmart.gov.hk/files/pdf/snack_guidelines_bi.pdf * https://www.chp.gov.hk/files/her/parent_tc_wa.pdf</p>  	<p>2. 進食健康午膳</p> <ul style="list-style-type: none"> - 包括最少一份蔬菜及一份水果 <p>- 參考資料： * http://www.chp.gov.hk/files/pdf/lunch_guidelines_bi.pdf</p> 
家長的責任	<ul style="list-style-type: none"> ✓ 為子女準備健康小食 ✗ 避免子女帶不健康小食，如：薯片、朱古力或糖 ✓ 為子女在午膳準備最少一份蔬菜及一份水果 	

此致
各位家長台鑒 敬請填妥回條於十月廿五日(星期四)或前交回班主任彙集辦理為荷！如有任何疑問，請致電本校 23201300 與鄭彩霞主任聯絡。

此致
貴家長台鑒

伊斯蘭鮑伯濤紀念小學



校長 _____ 謹啟

(石志端)

二零一八年一月十九日
(通告負責人：鄭彩霞主任)

✂

健康飲食計劃 – 「至醒食家」

回條

(請於 25/01/2018 或前交予回班主任)



IC/SC/107C/17-18

敬覆者：

本人已知悉 貴校健康飲食計劃 – 「至醒食家」來函 IC/SC/107C/17-18。

此覆
伊斯蘭鮑伯濤紀念小學校長

學生姓名	()
班別	
家長姓名	
家長簽署	
聯絡電話	
日期	

(Please note that eClass Parent Notice is available. Please read the notice and sign it on your mobile device.)

*The school will **STOP** using **PAPER NOTICE** from 22/01/2018 onwards.

Islamic Dharwood Pau Memorial Primary School Notice




IC/SC/107/17-18

19 January, 2018

Dear Parents,

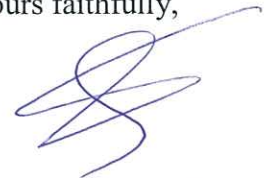
Healthy Eating Programme – “Smart Eater Scheme”

Healthy eating is essential for students’ growth and prevention of long-term health problems such as obesity, heart disease, cancer and diabetes. However, for a number of reasons, healthy eating is not commonly practised among children. In light of this, the Department of Health (DH) worked with the Education Bureau and other concern groups to launch different programmes to promote healthy eating. Since the first term this year, we have started to establish IDPMPS as a ‘Health School’ by launching a project entitled ‘Smart Eater Scheme’. The details of the Scheme are as follows:

Aims	- Arouse students’ awareness of healthy eating - Cultivate healthy eating practices
Date	From 22/01/2018 onwards
Content	Students are required to bring: 1. healthy snacks - Snacks with important nutrients and contain LOW FAT, SALT and SUGAR <i>e.g. wholewheat bread, fresh fruit, boiled egg, low-fat cheese sandwich, low-fat milk or yoghurt</i> Chips, chocolate and candies are NOT allowed to bring to school. - Reference information ★ http://school.eatsmart.gov.hk/files/pdf/snack_guidelines_bi.pdf ★ https://www.chp.gov.hk/files/her/parents_en_wa2.pdf   2. ‘Smart lunch’ - Include at least 1 serving of vegetables and 1 serving of fruits - Reference information ★ http://www.chp.gov.hk/files/pdf/lunch_guidelines_bi.pdf 
Role of Parents	✓ Prepare healthy snacks for your kid × Stop your kid from bringing unhealthy snacks such as chips, chocolate or candies ✓ Prepare at least 1 serving of vegetables and 1 serving of fruits for lunch

Please complete the reply slip below and return it to the class teacher **on or before 25th January, 2018**. If you need further information, please do not hesitate to contact Ms Cheng on 2320 1300.

Yours faithfully,



(Salim Sekena, Principal)

(Person-in-charge for this notice: Ms CHENG CHOI HAR)



Healthy Eating Programme “Smart Eater Scheme”

Reply Slip

(Please reply on or before 25/01/2018)

IC/SC/107/17-18

Dear Principal,

I acknowledged receipt of the school notice No. IC/SC/107/17-18 regarding the Healthy Eating Programme – “Smart Eater Scheme”.

Student’s Name	()
Class	
Parent’s Name	
Contact No.	
Parents’ signature	
Date	