



# HEALTHY HABITS

*for Well-Being*

"Take care of your body. It's the only place you have to live." — Jim Rohn



## WELCOME TO OUR HEALTHY HABITS NEWSLETTER!

- As the weather warms up, it's the perfect time to focus on healthy habits. This month, we explore the importance of physical activity, healthy eating, hydration, and sleep in maintaining a balanced lifestyle.



# TEACHERS' INSIGHTS



Children, the weather is getting warm and sunny. Let's build healthy habits!

Doing physical activity in warm weather is very important. It boosts our energy levels and fights spring tiredness. It strengthens our heart, muscles and bones. When we play outside, run, jump, dance or do sports, our bodies get stronger.

Doing exercise also makes us happy, helps us focus better at school and sleep well at night!

Secondly, healthy eating is important too. Fresh fruits and vegetables provide vitamins to protect our immune system.

We should also drink water and choose healthy snacks.

Good food helps us grow and gives us energy!

**Miss Ou**

Hello, boys and girls! The weather is getting warmer.

It's a great time to get outside, move your body, and have some fun! Running, jumping, skipping, and playing games with friends are not only exciting but also help you grow stronger and healthier.

Remember, healthy eating gives you the energy to keep going!

Try crunchy carrots, juicy oranges, and sweet berries.

They all taste great and more importantly help you stay bright and active all day.

Don't forget to drink plenty of water, especially when you're out in the sun.

At school, we love seeing you play, laugh, and study.

This season, let's all remember to move more, eat well, and take care of ourselves — because a healthy you is a happy you.

**Miss Tan**



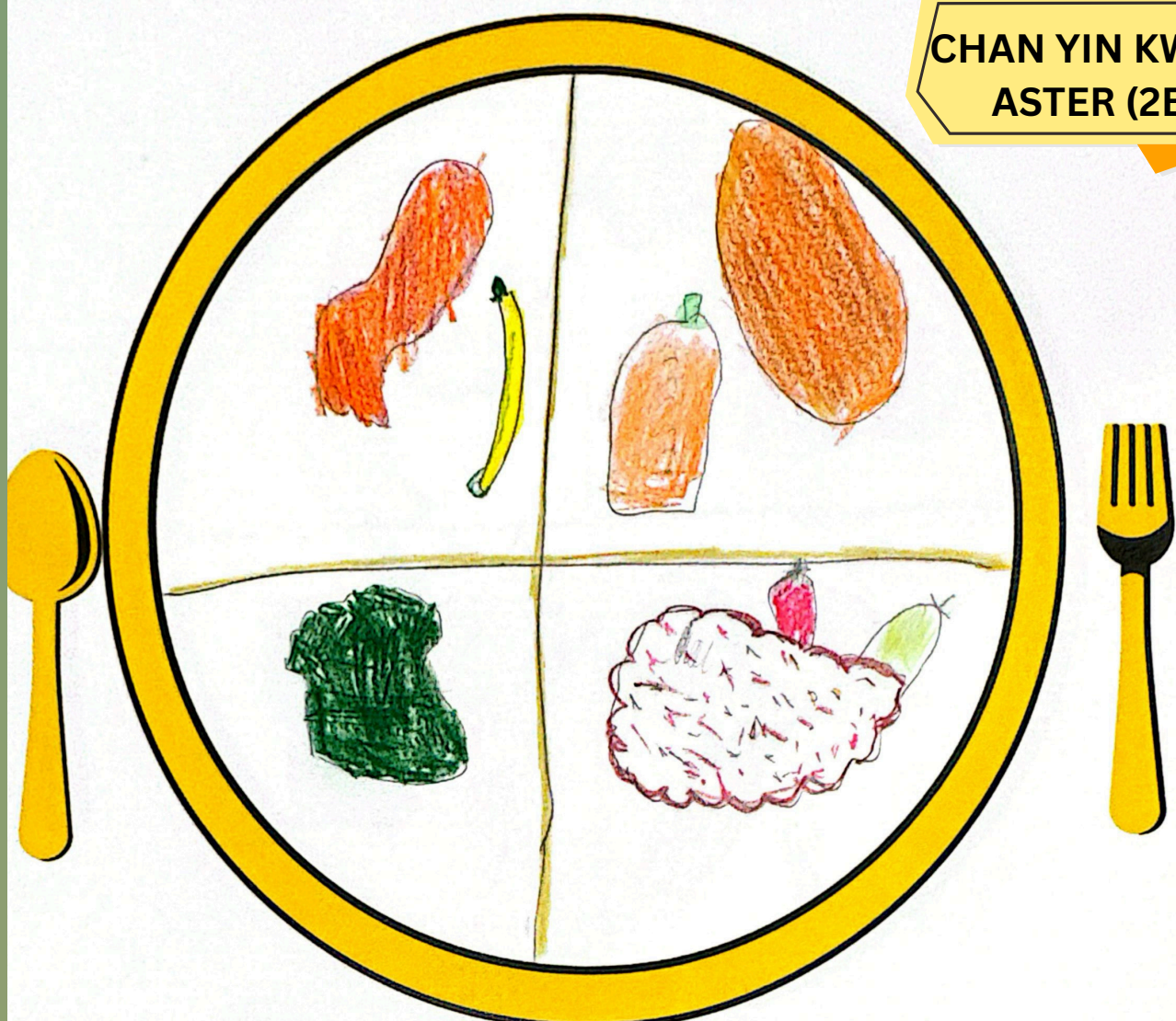
## MY HEALTHY PLATE

### My Healthy Plate

Name: Aster Chan Yih Kwah

Class: 2B(3)

CHAN YIN KWAN,  
ASTER (2B)



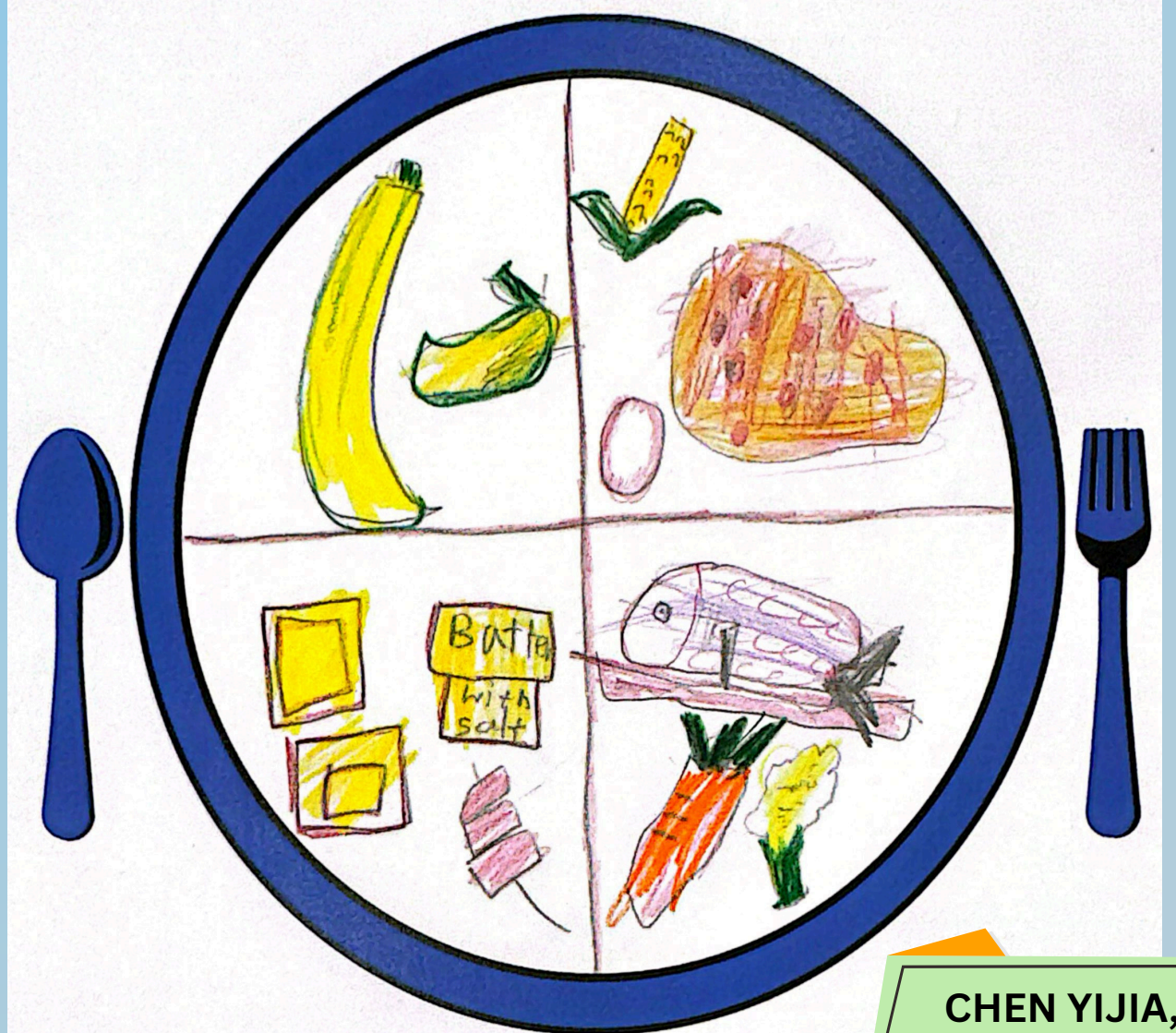
My Healthy Plate has vegetables, rice, and  
roasted chicken leg.

### My Healthy Plate

Name: Eager (57)

Class: 2A

CHEN YIJIA,  
EAGER (2A)



My Healthy Plate has fruits, vegetables,  
bread, grilled beef, and fish.

# BENEFITS OF HEALTHY HABITS

Fun Game on Healthy Habits



## REGULAR PHYSICAL ACTIVITY

Physical activity boosts mood, increases energy for daily tasks, and helps you sleep faster.



## EAT HEALTHY FOOD

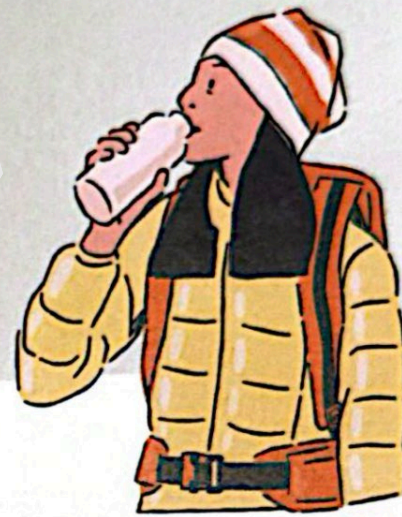
Eating a healthy diet provides essential nutrients, helps maintain a healthy weight. You can eat broccoli, lettuce and plenty of other healthy food.



## KEEP IT CLEAN

Regular cleaning helps prevent illness by reducing germs, and promotes well-being in a positive environment.

TORRES HAGIEL FAITH (6A)



## DRINK ENOUGH WATER

Drinking water supports digestion to prevent constipation and promote health.

Hagiel 6A



The Power of Habit: Short Animated Movie

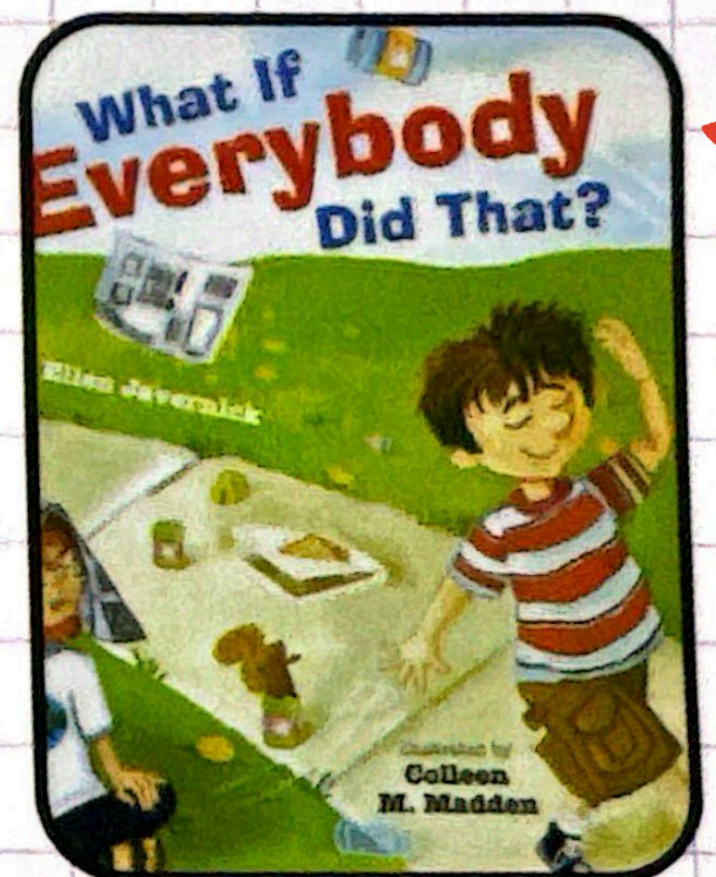


## Book Recommendation

This book teaches us about the importance of our actions and how they affect others. It's a fun way to understand healthy habits like responsibility and respect.

KWOK HO WUN, ALLY (6A)

ALLY, 6A



# 3 Good Habits For Students at School

## 1. Read Books Regularly

Set aside time each day for reading. It expands vocabulary, improves comprehension, and encourages a love for learning.

## 2. Active in Class

Engage actively in class discussions and activities. Asking questions and sharing thoughts enhances understanding.

## 3. Manage Time Well

Establish a regular study schedule to balance school work and personal time. Consistency is key.

SIN ZI SHAN, ANISA  
(6A)

## Upcoming School Events

29th March-1st April

\*P.6 Overseas Exchange Tour

\*P.5-P.6 Mainland Tour

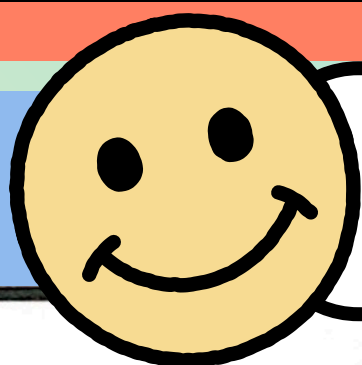
30th March-1st April

\*P.4 & P.3 Education Camp

\*P.1 Takians Camp

2nd April-11th April

\*Easter Holiday



## Book Recommendation

This fun book is all about habits that can make you a happy and successful kid! Each habit is explained with cool stories and great illustrations.

TAM LOK MAN,  
SHERMAN (6A)

Sherman ~6A

