



## ST JOSEPH'S INSTITUTION JUNIOR

A Lasallian School of the *De La Salle* Brothers

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REF: SJIJ/2018/07/689

6<sup>th</sup> July 2018

Dear Parents,

### **Recess Programme for Primary 3 to Primary 6, In the Footsteps of Our Founding Father**

In this semester, our school will be rolling out a recess programme, entitled *In the Footsteps of Our Founding Father*, for pupils from Primary 3 to 6 levels as part of our umbrella initiatives for meaningful play during their recess. The activity will take place from 9 July to 7 August for Primary 4s and Primary 6s and 12 August to 19 September for Primary 3s and Primary 5s.

#### **About *In the Footsteps of Our Founding Father***

We aim to create an encouraging recess environment for our pupils to acquire and maintain health-enhancing aerobic fitness and enjoy the benefits of an active and healthy lifestyle. Through accumulating step-counts, pupils can aim to earn stickers and a badge while learning about the brief history of our founding father, John Baptist de La Salle.

Pupils will loan out pedometers from parent volunteers and PE leaders during recess to record their step-counts by walking/running along the running track. Teaching staff will be present to ensure safety and respond to pupils' needs. Their efforts will be tabulated and rewarded when they reach personal milestones. Total class efforts will also be accounted and displayed on a bulletin board for pupils to track their overall progress as a class.

#### **Points to note**

We hope for your understanding and support on the following matters:

1. This recess activity is **NOT COMPULSORY** for pupils to participate every day.
2. Allow your child/ward to bring along a water bottle and handkerchief/small towel to school.
3. Remind your child/ward to avoid the recess activity when unwell.
4. If your child has recent medical complaints, do consult a qualified physician before allowing your child to participate in the recess activity.
5. Pupils with long term exemption from physical activity will be invited to be part of programme by contributing to the set-up for *Pokéthon* during recess, instead of running.

6. Do talk about your child's/ward's experience in school and aim to maintain his physical activities on weekends, if possible.

We are also inviting parents to come forward to be a part of this programme as Parent Volunteers. You can sign up by completing an online registration form via either the link or scanning the QR Code provided below.

**<https://tinyurl.com/ycv78jnf>**



We look forward to your continuous support in your child's pursuit of an active and healthy lifestyle.



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**Mr Timothy JJ Huang**  
Teacher  
Physical Education



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**Mr Mohamed Fazrin**  
HOD PE/CCA/AES (Covering)