



(Address) 110 Woodlands Crescent Singapore 737803
(Main Line) 6365 4490 (Fax) 6365 4460
(Email) riverside_ps@moe.edu.sg
(Website) www.riversidepri.moe.edu.sg

6 January 2017

Dear Parents,

IMPLEMENTATION OF MIDDAY SNACK BREAK

We are pleased to inform you that we are going to implement a midday snack break for our pupils with effect from Monday, 9 January 2017. Part of our efforts to enhance pupil health and well-being, the midday snack break serves as a booster to sustain our pupils' energy and focus in learning.

Please take note of the following guidelines:

- 1) Parents are to prepare a snack for their child every school day. The snack should be a healthier food option and should be easy for the child to manage. The following table indicates items that are acceptable and those that are not acceptable for the snack break.

Acceptable Items for Snack Break	Unacceptable Items for Snack Break
1. Biscuits	1. Fried Food
2. Bun (e.g. red bean bun)	2. Rice, Porridge and Noodles
3. Bread	3. Sweets
4. Sandwich	4. Chocolate Bar
5. Cereal (small box)	5. Tidbits (e.g. Potato Chips)
6. Dried Fruit	
7. Energy Bar (e.g. muesli bar and oats bar)	
8. Slice of Cake (without cream)	
9. Fruit (e.g. apple and banana)	
10. Raisins	
11. Nuts	
12. Cheese Slice/Stick	
13. Carrot/Cucumber Stick	
14. Small Packet of Milo/Milk	

- 2) The midday snack break will take place in the classroom for 10 minutes during the period from 12.00pm to 12.30pm. Pupils will continue with their learning activities in the classroom while snacking. If the period from 12.00pm to 12.30pm is conducted outside the classroom (e.g. PE lesson), the snack break may be rescheduled to an earlier or later period.
- 3) During the snack break, pupils are not allowed to go to the canteen to purchase food.
- 4) Sharing of food is not allowed. Exchange of food items is also not allowed.
- 5) Parents will need to provide their child with a pack of wet wipes to clean up after the snack break.

We look forward to your support for the implementation of the midday snack break. We seek your collaboration in raising healthy and well Riverians together!

Mrs Sharon Siew
Principal