

Healthy Kids Myrecess Time



NEWSLETTER | May 2021

New Term, New Menu

As part of the School Meals Programme, the SATS Culinary Team develops new items every term. On 23 March, 10 students from our Student Care Centre were invited to a food tasting to try out two new items: Mee Rebus and Macaroni Soup!

“I love it!”, exclaimed Shu Min of Primary 1 Topaz when she tried the Macaroni Soup. Some of the students liked it as it was light on the palette and the portion was perfect for the students. The next item was Mee Rebus. Students approached it skeptically, and upon taking their first bite, their faces lit up. “Oh, this is actually very nice! But it is really a little spicy.” Chef Mark from SATS heard the feedback and encouraged the student, “Thank you for trying this even though you are afraid!” He went on to explain the process of making Mee Rebus and how having a little bean paste and curry powder makes the flavor authentic.



After making their choices, Mee Rebus was the popular choice. Overall, the team was glad that our students were willing to try the new items. This is part of the Be Bright, Eat Right's objective for our students to try out different varieties of healthy food.

Do look forward to more exciting items that will be coming up next term!



Recess Play

Recess Play has always been an integral part of school life, and with it brings many benefits to students, like increasing their level of physical activity, improving their memory, attention and concentration.



At Blangah Rise Learning Campus, we introduced Recess Play to encourage our students to be physically active by engaging in a physical activity of their choice (Basketball, Hula Hoop or Rope Skipping). This is carried out under the supervision of a school staff member while adhering to the prevailing Safe Management Measures.



Term 1 SATS Bento Survey

In T1W10, we surveyed our students to obtain their views on the bento meals.

From the survey responses, we found out that most students liked the food because it was tasty, warm and fresh. They also agreed that the food served was well-balanced and healthy. The students also gave their honest feedback and shared their opinions on how the food could be better.



Many were also excited to tell us their favorite bento. Our students enjoy the Mini Pancakes, Char Siew Chicken and Ham and Cheese Sandwich the most. We also received some suggestions on the food they would like to eat for recess such as Roti Prata, Nasi Lemak and more sandwiches.

We will continue our termly surveys and work with SATS to improve the recess menu so that our students can eat healthily!



Snack Pack

Ramadan, the holy month of fasting, starts on 13 April. Instead of the normal bento during recess, our Muslim students will collect a nutritious Snack Pack of equivalent value. Here's wishing all our Muslim parents and students a blessed Ramadan!



I AM
BRIGHT,
I EAT
RIGHT!



Want to know more about the Be Bright Eat Right Programme?
Find out more on the school website!

www.blangahrisepri.moe.edu.sg/parent-support-group/sats-school-meals-programme/

Need more information on our programme or how healthily your child is eating?
Ask our panel of Dietary & Culinary Experts at sats_schoolmeals@sats.com.sg

Have enquiries?

Call the school general office at 62717387 or email us at brps@moe.edu.sg!

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