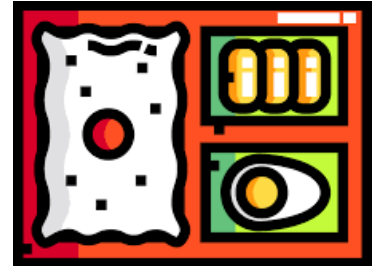


Healthy Kids Myrecess Time

NEWSLETTER | NOV 2020



P1 RECESS Time in Phase 2

It is recess time. 7-year-old Marvell takes out his face shield from his Ziploc bag, puts it on and excitedly exclaims, “I like to wear my face shield. It is like a windscreen. I feel like I am inside a car, going on an adventure!”

Since February, the Primary 1 students have been having recess in the classroom. This is made possible because the vast majority of the Primary 1 students are on the “Be Bright, Eat Right” Meal Subscription programme. The SATS bento meals come individually packed from the central kitchen, hence, they can be delivered to the Primary 1 classrooms easily to facilitate staggered recess timings for the different levels during the Covid-19 pandemic.

Every day, the students thank Operations Support Officer Mr Leong Wing Keong, whom the students affectionately call “Uncle Leong”, for bringing the bento meals to their classrooms.

Marvell wisely explains, “If we go to the canteen at the same time as the other levels, it will be too crowded. Then we will not be able to have one-metre social distancing. We can also get mixed up with other levels and the virus may spread.”

When asked if they missed the canteen, interestingly, many of the Primary 1 students expressed their preference for having recess in class. “I don’t have to waste time walking to the canteen so I can have more time for recess. I also do not have to spend time queuing for my food,” says Marvell.



Marvell (above), Primary 1, enjoying his favourite SATs meal during recess



Uncle Leong (above), collecting SATs meal before recess to deliver to Primary 1 classes



P1 RECESS

Time in Phase 2

... cont'

His classmate, Aileen, who loves having her personal table in class, chimes in, "If I go to the canteen, I have to share the table with other children, but if I have recess in class, I can eat at my own table."

Indeed, the Primary 1 students have learnt to take responsibility for their own table. They are now accustomed to wiping down their tables after they finish their food. They know the routine of going to the back of the classroom, spraying some of the solution onto a paper towel and returning to their tables to give it a good wipe down. Aileen, whose table is always neat and tidy, says, "I like to do the wipe-down because it keeps my table clean."

Besides getting to enjoy eating in class, Marvell also looks forward to outdoor play after food. "I like to go out to the court to play basketball because it is boring to stay in class. I have also tried skipping. Some of my friends like the hula hoop, but it keeps falling to the ground for me," he says sheepishly.

Aileen, on the other hand, cherishes having some quiet time during recess. "I can do my own thing, like drawing or colouring."

Regardless of their different personalities and preferences, recess is always a fun time that our Primary 1 students look forward to every day!



Aileen (above), Primary 1, enjoying her SATs meal in class during recess



Aileen (above), Primary 1, wipe down her table after recess



Primary 1 children playing at the basketball court during recess

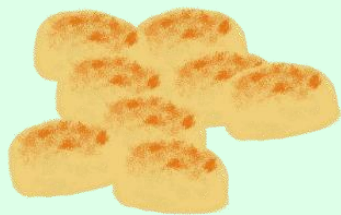


More
**Healthy
Kids**
issues
here→



Make a Holiday Snack

Create this dish from our menu with ingredients you can easily find at home!



Savoury Sweet Potato Mash with Raisins & Corn Flakes

S/N	Component Description	Raw Weight
1	Sweet Potato (Fresh)	1.5kg
2	Margarine	60g
3	Salt	8g
4	Pepper	2g
5	Mixed Herbs	2g
6	English Parsley (Chopped)	2g
7	Honey	20g
8	Raisins	100g
9	Corn Flakes	100g



Method:

1. Peel skin of sweet potatoes and dice into cubes. Wash thoroughly and set aside.
2. Fill pot with water and bring to a boil.
3. When the water boils, add the diced sweet potato and cook till soft.
4. Once the sweet potatoes are cooked, drain off the water and leave them in the strainer for 5 minutes to allow excess water to be thoroughly drained for best results during forking.
5. Use a fork to start forking through the cooked sweet potato into a mash.
6. Heat up another pot on low heat, add in margarine and the sweet potato mash. Give it a stir with salt, pepper and mixed herbs till it is slightly boiling.
7. Once the mashed mixture is heated up, remove the pot from the stove and start adding in honey and chopped parsley. Ensure both ingredients are evenly distributed in the sweet potato mash mixture.
8. Lightly blanch the raisins in hot water to soften before serving.

Dishing & Assembly

1. Dish 100g-120g of cooked sweet potato mash into a small bowl.
2. Add 10g of Raisins & 10g of Corn Flakes to the sweet potato mash and serve.

- Chef Mark, SATS Food Solutions -



Students who ordered meals on 7 & 8 Oct 2020 enjoyed a special snack from the Tap, Grab, Go Team!



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

Know more about the Be Bright Eat Right Programme for P1 @ our school website!

Order your SATS meal now → www.sats-schoolmeals.sg

Brought to you by:



www.blangahrisepri.moe.edu.sg | Tel: 6271 7387 | Email: brps@moe.edu.sg

In Partnership with:

