

# Healthy Kids Myrecess Time

NEWSLETTER | JUNE 2020



## BRPS Website and Facebook Page Our Covid-19 Diary



I Like



Check out our **BRPS Website and Facebook page** on **Our Covid-19 Diary**.  
*Find out what our students and staff are doing during Home-Based Learning (HBL) and the May school holidays.*

Here is our post on 16 April 2020:

What's for lunch today when everybody is at home? Our Primary 1 students participated in a bento making workshop on 13 March. You can now re-create the bento with your child at home! With a few simple ingredients you can easily find at home, unleash your creativity and create your own healthy plate.

### Ingredients (1 adult portion)

1. 200g of cooked rice
  2. Vegetables – the more the better!
  3. 90g of protein (we very much prefer a simple egg omelette)
  4. Some garnish like sesame seeds and ketchup for decoration
- For your child's portion, we advise halving the adult's portion.



Let your creative juices flow and create the most fun meal your family can ever have!



**EAT A HEALTHY DIET | Citrus Fruits | Turmeric  
Red Bell Peppers | Berries | Almond | Eggs  
Mushrooms | Oat Yogurt | Garlic | Ginger  
Broccoli | Sweet Potato | Salmon | Oily Fish  
HAVE ENOUGH SLEEP | EXERCISE REGULARLY**

## BOOSTING IMMUNITY FOR KIDS



# SATS appointed as one of the caterers to prepare meals for foreign workers



To support the foreign workers who are re-located outside their dormitories as part of the circuit breaker measures, SATS has been appointed as one of assigned caterers by the government to provide nearly 180,000 healthy balanced meals to these foreign workers.

Transport Minister Khaw Boon Wan commented, "We have many professional central kitchens fully equipped and resourced to churn out large quantities of healthy and balanced meals on time and in line with specific dietary requests. SATS is one example, where SATS kitchen is now busy serving our dorms. Feedback from their new customers has been very positive."



SATS Catering provides up to 20,000 meals a day to the foreign workers dormitories. To fulfil the large consumption of rice by the foreign workers, SATS Catering uses 12 huge ovens instead of its usual 4 ovens to prepare the rice. This is on top of the large automated rice line which can cook up to 600kg of rice in one hour, which helps to ensure that warm meals are served on time to the foreign workers.

Mr Khaw shared pictures of the meals prepared by SATS Catering which comprised fish curry with seasoned vegetables (non-veg halal); fish and hot bean sauce with seasoned vegetables (oriental); and biryani with vegetables (vegetarian).

From preparing inflight meals for planes 20,000 feet above the ground to bento boxes for our migrant workers, SATS truly lives up to its brand promise of Passion to Delight!

Kudos to our BRPS partner in these challenging times!



[www.blangahrisepri.moe.edu.sg/parent-support-group/sats-school-meals-programme/](http://www.blangahrisepri.moe.edu.sg/parent-support-group/sats-school-meals-programme/)

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

[sats\\_schoolmeals@sats.com.sg](mailto:sats_schoolmeals@sats.com.sg)

Need more information on our programme or how healthily your child is eating? Ask our panel of Dietary & Culinary Experts!

Have enquiries?

Call the school general office at 62717387 or email us at [brps@moe.edu.sg](mailto:brps@moe.edu.sg)!

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