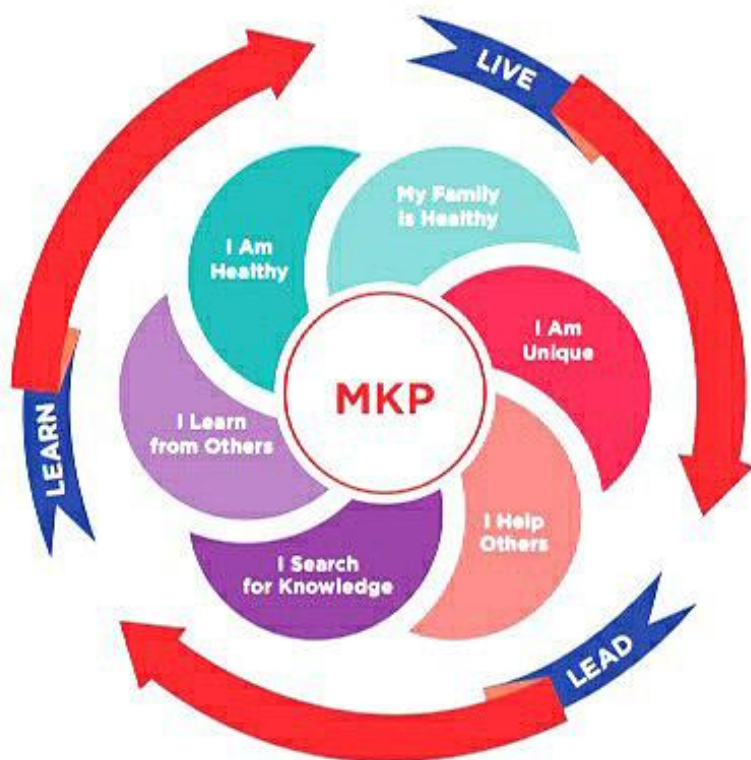


Requiring minimal teacher supervision, the programme provides effective experiential learning for students to develop healthy habits through engaging hands-on activities, such as making their favourite foods healthier.

For every completed activity, students are awarded stars which go towards earning a special *Healthy Living Badge*. Students also take part in nutrition, sports and wellness talks organised by partner institutions during school assembly.

The annual Millennia Kids Challenge (MKC) event, open to residents living in the northeast, is also held to encourage more family bonding through enjoyable sports-themed activities.



STAYING FIT, THE MKC WAY

THE FAMILY THAT PLAYS TOGETHER, STAYS FIT TOGETHER

Participating in the MKC was how Royston D'Souza, his wife Sarita, and three kids began their first of many sporting events as a family.

Royston came across a poster for the MKC at the nearby community club two years ago. An active runner and former member of his university's football team, he thought the event would be a great opportunity for family bonding and for his children to try out new sports. "Any aqua events will always get the kids excited," he said. "And I loved the bouncy castle in the water the most!" enthused Rachel, the oldest child, on her favourite activity at the first MKC she joined.

Rachel is a bubbly Primary 4 student at Sengkang Primary School, one of the 11 schools participating in the MKP. After witnessing her parents complete the Swissotel Vertical Marathon, it ignited her passion for sports and she asked them to register her for a 1.8km marathon last year.

While surprised, her parents were more than delighted to support her interest in competitive recreation. Recently, she has also

started playing badminton with friends from the neighbourhood every weekend.

The family's love for sports and active playtime has certainly shaped young Rachel's well-being. With her impressionable siblings following her encouraging example, she is eager to make it good since one of MKP's objectives is for students to learn how to be a role model.

When asked how she could become a health ambassador at home and in school, she exclaimed with a big grin: "I'm really keen to try out the hands-on task card activities in the 'Sport Safety' and 'Being Active' categories. I can show all the awesome benefits from completing these tasks, and I

hope my badminton friends will join me and my family at this year's MKC!"

"It would really make me happy if people listen, understand and just take small, simple steps towards living a healthy lifestyle."

Healthy habits do pave the way to better living and as the D'Souza family has shown, life becomes more fun when it's done as a family. 🍌

Rachel D'Souza (extreme right) with her family of sports enthusiasts.

