



SKPS/2020/Physical Education/ 040

17 February 2020

Dear Parents / Guardians,

NKF 7-Day No Sugary Drinks Challenge Charity Drive 2020

Singapore is facing a particularly worrying diabetes situation. Today, 1 in 9 Singaporeans has diabetes and the number is expected to reach 1 million by 2050. The increasing trend in diabetes poses a growing challenge to the National Kidney Foundation as diabetes is one of the leading causes of kidney failure.

To encourage healthy habits among our young, we would like to invite your child/ward to join the NKF 7--Day No Sugary Drinks Challenge Charity Drive 2020. This charity drive aims to encourage healthy habits at an early age and imbue in our young the values of compassion and empathy for others.

Your child/ward will receive a donation envelope, and he/she is encouraged to pair up with his/her classmates or family members as a motivating partner. They will keep each other in check to reinforce positive healthy habits. The money saved on the sugary drinks given up over the 7 days can be placed into the donation envelope. This money will go towards the provision of dialysers or artificial kidneys (AK.), crucial in dialysis treatment. Kidney patients undergo dialysis 13 times a month and have to do so for the rest of their lives. Each time, the kidney patients depend on an AK to filter wastes and excess fluids from their bodies at every dialysis session. The 7-Day No Sugary Drinks Challenge will be held from **17 to 23 February 2020**.

Please submit the donation envelope to your child/ward's form teacher by **Monday, 24 February**, if your child would like to make a donation. All envelopes must be sealed and returned. If your child is not making a donation, please ensure that he/she returns the empty donation envelope. We look forward to your support in this meaningful endeavour as we build a healthy nation together starting with our children.

Thank you.

Yours sincerely,

Mrs Dorcas Tan
Subject Head/AES

Mrs Teo Whye Choo
Principal

cc Miss Thien Li Chin, Vice-Principal
Mr Hamri A Jalil, Vice-Principal (Admin)