

## Kids Healthy Plate and Fruity Friday

**Singapore, Tuesday, 27 August 2019.** Today, PPIS Early Childhood Education (ECE) hosted Guest-of-Honour Mr Amrin Amin, Senior Parliamentary Secretary for Ministry of Home Affairs and Ministry of Health, at its flagship Child Development Centre in Bukit Batok.

Mr Amrin who chairs the recently-launched HealthySG Taskforce, shared with the children healthy eating habits and the use of Health Promotion Board (HPB)'s 'My Healthy Plate' concept to create tasty, well-balanced meals.

As a preschool operator for more than 30 years, PPIS ECE recognises the need to instill healthy eating habits in children. The organisation works closely with HPB to ensure that healthy meals are served daily for the children. Recently, the Child Development Centres under PPIS are listed in the Platinum Tier under HPB's Healthy Pre-Schools (HPS) Accreditation Framework.

At this morning's event, PPIS ECE also introduced *Fruity Friday*, its new health initiative that aims to educate children and their families about the importance of including fruits in their regular diets for a healthy lifestyle. Piloted in the Bukit Batok centre, children will bring a fruit to school every Friday while their parents are invited to share healthy recipes. They learn about the goodness of fruits, get to taste them and engage in fun activities with fruits.

Through this initiative, the organisation also hopes that it will help in developing the children's taste buds for other new and healthy food types, like vegetables. *Fruity Friday* will be rolled out to all PPIS Child Development Centres in the last quarter of 2019.

Reinforcing what Prime Minister Lee Hsien Loong said in his National Day Rally 2019 speech, on encouraging more 3 to 4-years-olds to attend preschool, Mr Amrin said: "The early years are the most crucial in a child's holistic development and I believe that it will further enhance their school readiness at Primary One. I am heartened to know that at PPIS Child Development Centres, 46% of their enrolments are made up of 3 to 4-year olds.

"I am also pleased to hear about the steady increase in enrolments, averaging about 24% every year, for this age group in the last five years. This has shown that parents are sending their children to preschools earlier, and I would like to urge more parents from the community to do so, especially when their children are 3 to 4 years old," Mr Amrin said.

During his visit, Mr Amrin met with PPIS' early childhood students to participate in various health activities practised in the Bukit Batok centre, such as *Nature Yoga*. It was first introduced in their curriculum earlier this year, with the aim of integrating health in every aspect of a child's early years. They had fun learning simple yoga exercises like stretching like a butterfly, mimicking a flower in bloom and many more.



They were also encouraged to practise *Nature Yoga* at home to promote family bonding while cultivating an active lifestyle outside of the classroom. Since then, parents and family members have given positive feedback such as enhancement of their emotional and physical states.

PPIS ECE hopes to rally more support from parents in helping their children maintain healthy eating habits at home. The organisation conducted activities that are inspired by its curriculum and core values to include family members of the children, and will continue to do so in the future.

Mdm Rahayu Mohamad, President of PPIS added: “PPIS will continue to work closely with the Health Promotion Board (HPB) in seeking out new initiatives and programmes to create a healthy environment where our students can play, learn and grow. We would also like to collaborate with other preschool operators and organisations to promote healthy living within the community.”

**Guest-of-Honour:**

Mr Amrin Amin

Senior Parliamentary Secretary, Ministry of Home Affairs & Ministry of Health

Member of Parliament representing Sembawang GRC

**Event Details:**

Date: Tuesday, 27 August 2019

Time: 10am – 11am

Venue: PPIS Child Development Centre Bukit Batok, 21 Bukit Batok East Avenue 6 Singapore 659759

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**About PPIS**

Founded in 1952, PPIS (Persatuan Pemudi Islam Singapura or Singapore Muslim Women’s Association) is a non-profit organisation focussing on services for women, family and children. We are dedicated to working with women of all ages in carrying out their multiple roles in society. PPIS runs three core community services namely; Family Services, Student Care and Early Childhood Education (ECE). With 16 centres island wide, the services work together to provide quality and holistic support as well as developmental programmes for women and their families.



### **About PPIS Early Childhood Education**

PPIS opened its first kindergarten in 1983 and was one of the first to introduce a play-based approach. Today, with more than 30 years of experience, PPIS operates seven Child Development Centres with a total of 800 children.

As a premier Early Childhood Education (ECE) service provider, we believe that every child is unique and deserves quality care and education. By embracing a learning culture, we strive to nurture individuals into passionate learners and competent leaders of character. Our team consists of educators who are passionate in working with young children and go through continuous professional development, so as to be kept abreast with the latest early childhood initiatives and guidelines.

PPIS Child Development Centre in Bukit Batok is its award-winning flagship centre and also home to 7oaks, its education management consultancy incorporated in 2016.

For more information, please visit: <http://www.ppis.sg>