



Ramkhamhaeng Advent International School


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Dear Parents and Guardians,

It is a known fact that eating healthy breakfast provides positive effects on our children. Therefore, we strongly encourage our students to eat breakfast before starting their school day.

To make this a fun family activity, we would like to initiate a **Breakfast Campaign**. We would like to suggest that our young children* in preschool and elementary school, eat a healthy breakfast and take snapshots of themselves* eating and the food they're eating. Children* are to collect **5 photos** taken from **Monday – Friday** and put them in a **collage**. Over the weekend, children* are invited to post their photo collage on the **RAIS Health Clinic's FB** account to share with their peers. Children* will be encouraged to **like**  the photo collages, and the photo collage with the highest number of likes per week will be recognized.

***with the help of their parents**

Sounds like fun, doesn't it?

We plan to launch this campaign during the Health and Spiritual Emphasis Week (August 28 – September 1, 2017) and continue it throughout the school year.

For quick healthy breakfast ideas and more information, please check the school website.

It is our sincere hope that through this activity, our young children will enjoy the benefits of eating a healthy breakfast.

Sincerely yours,

Zhanilou B. Naoe
ES School Nurse

Noted by:

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