

## *Health and Well Being at SDPS*



### **Parents, staff and students... You're invited!!!**

The Health and Wellbeing Committee is joining forces with the Angkor Committee to celebrate Fruit and Veg Month with a whole-school breakfast! This is our main Angkor fundraiser for the year and we are hoping to raise over \$1000 for our sister school, Kamnab Primary School.

**Date: Wednesday September 16<sup>th</sup>**

**Time: From 8am**

**Cost: \$5 per person**

**BYO picnic rug**

This will include the choice of several healthy dishes, including pancakes and fruit salad as well as a traditional Cambodian rice dish. Parents will have the option of tea or coffee. Students will be part of the process by preparing the food a day prior to the breakfast.

### **But we need your help!**

In the weeks leading up to the breakfast we are **seeking contributions of plastic plates, plastic cups and serviettes from families**. Closer to the date we will also be asking for families to provide something to help ingredient-wise (for example a piece of fruit). The more contributions we get from families and staff, the more money we will raise for Kamnab Primary School!

Stay tuned, as more information will be provided in the coming weeks!

