Li Cheng Uk Government Primary School

43 Tonkin Street, Sham Shui Po,
Kowloon

Tel : 2386 8049 Website : http://www.lcu.edu.hk
Fax : 2708 9950 Email : lcugps@edb.gov.hk

Notice: 15/2026-27 17.11.2026

2026-2027 Joyful Fruit & Vegetables Month

Dear Parents / Guardians,

The health and well-being of our students is our primary concern. We are always looking for ways to support their growth, learning, and development of lifelong healthy habits. According to the World Health Organization, adequate fruit and vegetables intake can reduce the risk of developing heart diseases, stroke and certain cancers. Fruit is rich in water, dietary fibre, vitamins and minerals and is thus very good for health.

In support of this, our school will launch the "**Joyful Fruit & Vegetables Month**" campaign from **23.11.2026 to 17.12.2026**. This initiative aims to raise students 'awareness towards a sufficient intake of fruit and vegetables as well as healthy eating, and to encourage them to take action.

This is a school-wide effort to promote student well-being. Teachers will integrate related themes into classroom activities to enhance student engagement. Your support is crucial to the success of this campaign. We encourage you to support this initiative by packing fruits and vegetables in your child's lunch and as snacks for recess, while talking about their benefits at home.

We believe that fostering healthy eating habits from a young age is key to supporting our students' growth, concentration, and overall well-being. Let us work together to help our children develop healthy eating habits so that they can be fit and strong!

Thank you for your continued support.

Yu King Tsz

(Mr YU King-tsz)
Headmaster

Reply Slip

2026-2027 Joyful Fruit & Vegetables Month

Notice: 15/2026-27
Date: _____

To : Headmaster,

I have read the School Notice No. 15/2026-27 dated 17.11.2026 and I fully understand its content.

Student's Name: _____( ) Class: P. _____

Parent's / Guardian's Signature: _____

Parent's / Guardian's Name: _____