

Early start to healthy living

PETALING JAYA: Pupils of Sri Garden International School, here, recently celebrated World Kidney Day that ran concurrently throughout the whole of last month in support of the National Kidney Foundation (NKF) Malaysia.

In line with the event, Sri Garden International School also celebrated its first non-uniform day during which everyone was encouraged to wear red with a minimum donation of RM5 in support of NKF.

“This activity allowed the students to wear anything red for the day in support of a good cause,” said Sri Garden International School principal, Peter Wells.

“We at Sri Garden International



Pupils of Sri Garden International School wore red to mark World Kidney Day.

School would like to instill early healthy lifestyle habits and, at the same time, encourage our bright young pupils to contribute to a good cause”.

Pupils as young as 4 years old participated in an aerobics session conducted by Siti Norlela, a certified aerobics instructor and nutritionist from the NKF Public Education department, with much enthusiasm.

Norlela also conducted an inter-

active health talk for older students of Sri Garden International School.

This effort served to establish a solid foundation of early education that promoted healthy lifestyle habits from an early age.

Through the activities held by the school, the students of Sri Garden International managed to raise RM10,000 for NKF as part of the school’s initiative towards giving back to the community.