



Healthy moves: Siti Norlela (left) leading the 400 pupils of Sri Garden International School in an aerobics session recently.

Kids support **NKF**

They raise funds to mark World Kidney Day

PUPILS of Sri Garden International School celebrated World Kidney Day 2013 recently by showing their support for the National Kidney Foundation (NKF).

The school also celebrated its first non-uniform day where everyone was encouraged to wear red with a minimum donation of RM5 to NKF.

Principal Peter Wells said, "The activity allows the pupils to wear anything red for the day in support of a good cause. We like to instil

healthy lifestyle habits early, and, at the same time, encourage our pupils to contribute to a good cause."

Pupils as young as four participated in an aerobics session conducted by instructor and nutritionist Siti Norlela from the NKF public education department.

Siti Norlela also conducted an interactive health talk for the older students. Through the activities organised in the school, the students managed to raise RM10,000 for NKF.