



寶 覺 小 學
PO KOK PRIMARY SCHOOL
香港跑馬地山光道十一號
11, SHAN KWONG ROAD, HAPPY VALLEY, HONG KONG
TEL:2573 7911 · FAX:2572 4364

Ref no: 135E

4th May, 2026

Dear Parents / Guardians,

Re: Healthy Snacks Competition

To cultivate students' positive life values and promote the importance of healthy eating, the school is going to hold a healthy snacks competition on 19th May, 2026. The details are as follows:

Date:	19 th May, 2026	Please scan the QR code below for more EatSmart Recipes 
Venue:	Po Kok Primary School	
Time:	During school hours	
Activity:	Participating students will have to work with their parents to create a unique healthy snack at home and bring it to school on that day.	
Remarks:	The healthy snack portions should be intended for one student only. Excess amount is not recommended.	

Snacks are scored with the following criteria:

- **Creativity**
- **Healthy ingredients** (Bonus points will be awarded if at least three types of ingredients are used)
- **Appeal**
- **Tastiness**

There will be **two winners in each class and prizes will be given accordingly**. Please fill in the reply slip and return it to the class teachers **no later than 14th May, 2026**. If you have any queries or questions, please contact Ms Mamta at 2573 7911/ 9220 4067.

Thank you for your kind attention.

Yours faithfully,

Ms Kathy Chung
Principal

-----Reply Slip-----

To the school (Ref no: 135E),

Regarding the information of **Healthy Snacks Competition**, I have read the notice and the information is acknowledged.

☐	We will prepare a healthy snack for my child on 19 th May, 2026.
	Description:
	Name of the snack: _____
	Ingredient of the snacks: ☐ Grains: _____ ☐ Fruit: _____
	☐ Vegetables: _____ ☐ Meat: _____

Name of student: _____ ()

Class: _____

Parent's signature: _____

Date: _____