

## Working Hard Individually



## Having Dinner as a family....



## Working out on weekends....



Title: A Great family stays strong (Physically and Emotionally) together!

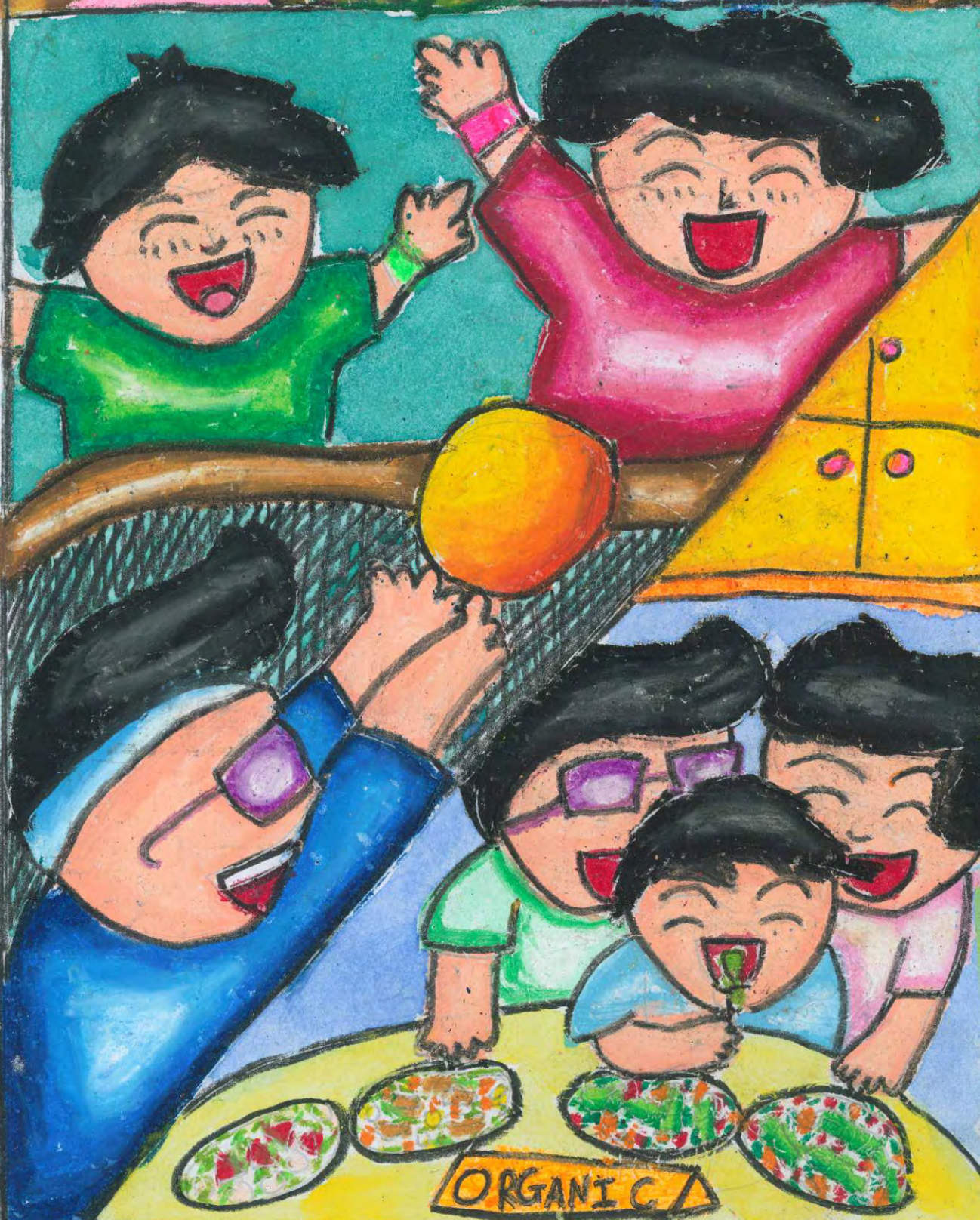
Name: Shawn Lim Xia Teck Age: 12 Grade: Primary Six

A loving family would always stand by each other and will be there if anyone falls. When one falls, they will be there to support and encourage him to strive harder. This support and encouragement will lift his spirit high and attain goals. In helping to attain goals, they help build one's potential to the fullest. In order for that to happen, they have to learn to build trust and faith in the family. To do so there must be strong ties in the family. Strong relationship can be built by spending quality time together like exercising, have frequent meals together and communicating with one another. Exercising as a family will also encourage one another to lead a healthy lifestyle. Besides exercising, a happy family should have a balance diet to stay healthy. If all the family members are healthy, they would not fall ill easily and no one will be a burden to the family. As a result, the happy family members can enjoy life to the fullest.



# Family

# and Health



Title: Family and Health  
Age: 10 years old / Grade: Primary 4 Name: Ho Bing Xuan  
Healthy behaviour means little if the father smokes, especially when he is with the family. Smoking and breathing in second hand smoke is unhealthy. There are many health-related reasons to give up cigarettes to protect those around us. Children who grow up in a home where one or both parents smoke are likely to develop asthma and lung disease. If we do not take care of our health, it could result in serious illnesses that may cause us to be warded in a hospital. Once this happens to the father, it could result in the loss of income and the entire family suffers. The father should adopt healthy habits like bringing the family for regular exercises or playing of ball games. The family should practise eating healthy food with less oil and salt. The family should strive to have good health and strong family ties to achieve happiness and success!