



# المدرسة الاسيوية الدولية الخاصة

## ASIAN INTERNATIONAL (P) SCHOOL

AIS RWS /PARENTS/2024-25/60

26<sup>th</sup> December 2024

### CIRCULAR NO. 60

### ADVISORY NOTE FOR PARENTS ON HEALTHY EATING AND FOOD SAFETY

Dear Parents,

Greetings!

At Asian International Pvt. School, we are deeply committed to nurturing a holistic approach to a healthy lifestyle, which includes balanced nutrition and regular fitness activities. Promoting a healthy lifestyle is an integral part of our **Eat Right, Get Active** initiative, and we aim to empower our students to make informed and positive choices about the food they consume.

A safe and healthy diet is key to physical and mental health. Therefore, fostering the well-being of the school community, the school has prepared guidelines in alignment with the ADEK healthy eating and food safety policy. In this regard school would like to share important information pertaining to healthy eating and food safety. This will enable us to provide a healthy and sustainable food environment for students and foster shared values, attitudes, and experiences among children, parents, and educators.

### SCHOOL INITIATIVES TO PROMOTE HEALTHY EATING AND WELL-BEING:

1. **"Eat Right, Get Active" Campaign:** This initiative encourages students to adopt healthy eating habits and participate in regular physical activities.
2. **Hydration Reminders:** Timely water reminders during class hours are integrated to promote regular water consumption.
3. **Nutrition Awareness:** Regular class sessions on nutrition education are conducted to increase awareness among students about the importance of a balanced diet.
4. **Interactive Learning:** Group discussions and activities on topics such as sustainable meal practices and balanced eating are organized to engage students meaningfully.

### GUIDELINES FOR PARENTS IN PROMOTING HEALTHY EATING:

We request your support in reinforcing healthy eating habits and ensuring food safety by:

1. **Encouraging Safe Food Practices:**
  - Avoid sending unsafe food items containing allergens or perishable items without proper storage. (In case of any allergy concerns must report to the school nurse)
  - Ensure that lunchboxes contain fresh, wholesome, and nutritious meals such as fresh fruits, whole grain snacks, yogurt, cheese cubes and homemade meals with balanced nutrition.
2. **Participating in Parent Orientations:**
  - Attend school-organized orientations that provide valuable insights into healthy eating practices and ideas for packing nutritious meals.

AY: 2024 - 2025



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3. **Fostering a Healthy Eating Environment at Home:** Discuss the benefits of healthy eating with your child, emphasizing the role of nutrition in growth, energy, and learning.
4. **Collaborating with the School:** Share ideas and feedback to further enhance the initiatives promoting healthy food habits.

### Unsafe Food Items restricted in school:

- For the safety of all students, items containing allergens or unsafe ingredients are strictly prohibited for personal consumption or distribution within school premises.
- Avoid unhealthy junk foods such as chips, crisps and deep-fried snacks.
- Avoid sugary treats such as candies, chocolates, lollipops and beverages like energy drinks, packed juices.
- Avoid fast food items like pizzas, burgers and highly processed foods.

Together, as parents and school, we can serve as role models to help children understand how balanced nutrition contributes to their health, happiness, and overall success. This can support their ability to learn effectively and achieve excellence.

Thank you for your continued cooperation and support.



**ANZAR ABDUL SALAM**  
PRINCIPAL