

Fabulinus: en-route to knowledge...



Healthy Students, Healthy Schools...

Food directly affects a child's health, learning, and lifetime wellness habits. With child obesity and serious health problems on the rise among kids, there's never been a more important time to prioritize good nutrition and physical activity. Children benefit physically, mentally, socially and academically by eating right and getting regular exercise. Healthy kids perform better on tests, are more focused in class, behave better, are absent less, and have higher self-esteem.

The second edition of our newsletter will focus on promoting healthy food habits in our students.



Eat Better-Eat Together...

The Family Who Eats Together Stays Together

- Family meals foster warmth, security and love, as well as feelings of belonging. It can be a unifying experience for all.
- A family meal is the perfect opportunity for parents to expose children to different foods and expand their tastes.
- Conversations at the dinner table expand the vocabulary and reading ability of children.
- Laughter at the table makes mealtime fun!



- Eating together has a positive impact on children's values, motivation, personal identity, and self-esteem.
- Family meals are associated with improved dietary intake among family members. Families who eat together take more fruits and vegetables and tend to eat fewer fried foods and drink less soda.

Eating with family can help ease day-to-day conflicts, as well as establish traditions and memories that can last a lifetime.

Walk Your Talk!!!

Children learn everything from saying please and thank-you to fitness and nutrition behavior from adults. Here are a few healthy eating habits parents can role model for their children:

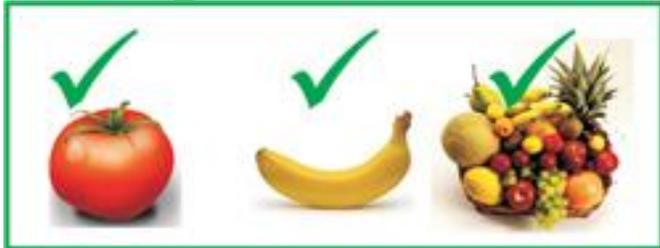
- Never skip meals—especially breakfast.
- Take moderate portions.
- Drink water and milk instead of soda.
- Eat foods from all food groups.
- Try fruit and yogurt for dessert.
- Turn off the TV, games, mobile phones and the computer.
- Always maintain a healthy attitude towards food and enjoy what you eat.

The eating habits children pick up when they are young will help them maintain a healthy lifestyle when they are adults.





EAT BETTER
for life



Practice Healthful Eating

- Relaxed dining experiences with good food and conversation help to foster family relationships, as well as good digestion. If mealtime is a pleasant event, children may practice healthful eating habits later on in life.
- Children need a wide variety of foods. Carbohydrates — breads, cereals, fruits, and vegetables — should make up the major part of the diet.
- Fats are probably the most misunderstood nutrients. Several vitamins (A, D, E, and K) can be absorbed only in the presence of fat, and fats are necessary for the production of other body chemicals. Despite the benefits of fat intake, excessive fat intake in childhood may lead to obesity and many adult diseases.
- Children should have a variety of iron-containing foods in their diet. In addition, the consumption of vitamin C-rich foods improves the absorption of dietary iron.
- Parents must foster positive elements, such as healthy eating, positive body image, and active lifestyle early in a child's life. The best approach to controlling weight in obese youngsters is serving smaller portions and encouraging regular, vigorous exercise.
- Calcium is important for forming strong, healthy bones during adolescence and preventing osteoporosis later in life. Packing your kinds' lunch can ensure that they have nutritious choices such as carrot sticks and fruit.

Enter the Healthy School Initiative

Our Healthy School will promote healthy eating and physical activity, focus on fun over food, and support healthy lifelong habits, as follows:

- Most classroom celebrations (including birthdays) will be food-free
- Healthy snacks and beverages will be encouraged at all times
- Children will be educated about the importance of healthy eating and regular physical activity
- Only healthy, non-food rewards and incentives will be offered for academic performance and behaviour
- Kids will be given frequent regular times to move their bodies



Amazing Food Facts...

- Between the ages of 2 and 20, the human body changes continuously and drastically. In general, muscles grow stronger, bones grow longer, height may more than double, and weight can increase as much as five-fold.
- 50% of the commercials played during kids' TV shows are for food.
- 40% of kids' diet comes from added sugar and unhealthy fats.
- A typical sweet soda drink in a 2l bottle contains amount of sugar equal to 27 cubes.

Healthy School Birthday Initiative

Food-free birthday celebrations are one of the big changes that we'll be advocating as a way to cut down on sugary treats and other junk. Kindly support us in this initiative and email us the following for approval on your ward's birthday.

I, _____ would like to celebrate my child's birthday in his/her classroom. I understand that the celebration will not include food or beverages. Below is a brief description of how I would like to celebrate:

.....

I agree to comply with the **Healthy School Birthday Initiative** for the health and safety of all students. I understand that any unapproved food will not be served in the classroom and shall be returned to me.

.....
 Parent Signature

.....
 Teacher Signature (once approved)

IDEAS FOR FOOD-FREE BIRTHDAY CELEBRATIONS

- Provide fun games
- Provide arts and craft activity
- Provide a book to be read and donated to library in child's name
- Provide small toy, note pad, pencil, eraser, etc., for all students
- Provide a planter

"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise."

