CIRCULAR

20th January 2025

Dear Parents,

SUBJECT : INVITATION TO THE RESCHEDULED HEALTHY FOODS FOR YOUNG CHILDREN WORKSHOP – 23rd January 2025.

Greetings and good wishes from The Westminster School – Dubai!

We are pleased to announce the rescheduled session of our "Healthy Foods for Young Children" workshop, now taking place on **Thursday, January 23rd from 9:00 am to 10:00 am in the school's SLR Room (entry through Gate 3).**

This complimentary workshop underscores our commitment to the wellbeing of our students and is designed to equip you with the knowledge and practical tips for fostering healthy eating habits in children.

We are honored to have Dr. Raya Abu Younis, a distinguished Nutritionist, and Dr. Rawan from ABBOTT Company, who will lead the interactive session. The session will cover:

- The importance of healthy eating for growing children
- The benefits of a balanced breakfast
- Understanding the concept of food balance
- The impact of junk food on children's overall health

This workshop is a prime opportunity for you to learn from an expert and engage with fellow parents on promoting a healthy lifestyle for our children. We believe that informed parents play a crucial role in enhancing their children's wellbeing and academic success.

To secure your spot, please register through the following link:

Primary Parents Registration for Healthy Eating Workshop

Kindly complete your registration by **Wednesday, January 22nd**, as spaces are limited.

We eagerly await your participation as we join hands in making a positive impact on our children's health.

Thanks and Regards,

Chanda Pant
Assistant Principal Primary

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