CIRCULAR

13th November 2024

Dear Parents,

Greetings and good wishes from The Westminster School – Dubai!

Please be advised that the Healthy Eating Workshop, initially planned for November 15th, has been rescheduled. The new date for this informative session will be communicated to you as soon as it is confirmed.

In the interim, we kindly urge all parents to be attentive to the food items being packed for your children school lunches, as well as their overall dietary habits. Our teachers have compiled a number of concerns being seen with the foods currently being sent to school, and also very kindly advised achievable suggestions for healthier outcomes:

Main challenges faced with the food being sent	Easy suggestions for healthier options
Students bring too much of food with too many options and the child cannot eat it in the limited time. Child gets confused what to eat first and gives preferences to sweet.	Give food in smaller quantities and made in an interesting way. Provide food which the child can finish independently within given time.
Sending of unhealthy flavoured milk and juices.	Encourage eating of fruits instead of flavoured milk and juices. Start eating fruits together at home so the child develops a taste for them. Do send children with water only. This can boast their water intake when they are in school.
Many are bringing Ready-made processed food.	Introduction of the concept 'one day one fruit' in the school timetable. All children will be encouraged to bring that fruit in their box so that we can promote healthy eating in class.
Students bringing chips, fries, fried foods and burgers.	Mix it up to keep things interesting and ensure a range of nutrients. Keep portions appropriate for their age to avoid waste and ensure they can finish their meal. Let the kids help pack their lunch. They are more likely to eat what they've chosen and prepared. Mix it up to keep things interesting and ensure a range of nutrients. Keep portions appropriate for their age to avoid waste and ensure they can finish their meal. Let the kids help pack their lunch. They are more likely to eat what they've chosen and prepared.

Few students don't get their tiffins / snack boxes as they want to buy from the canteen.	While our school canteen promotes and sells only healthy foods, for our younger students we would like to encourage home cooked fresh meals which are easy to eat.
Constant reminders are needed for few children to finish their food as they might be slow eaters.	Positive reinforcement for finishing meals on time can be motivating. Teachers or caregivers can offer gentle praise or small rewards for timely eating to encourage faster habits. Teachers will continue to monitor them and give rewards to the students who finish on time. Encourage children to finish food on time at home as well.
Students carrying sugary snacks. Even though it says 'no added sugar,' it still has sugars and preservatives	Sugary foods affects the learner's ability to focus in class. Speak to the children on the ill effects of excessive sugar in the human body.
Many students in FS 1D bring juice to school which when they drink, they do not drink enough water anymore. A few parents send unhealthy snacks like chocolates, chocolate cakes, biscuits, bread and chocolate sandwich, and potato chips without any compliment.	

We understand the challenges of busy schedules and the appeal of convenient food options. However, we encourage you to consider nutritionally balanced meals that support your child health, well-being, and learning capacity.

We believe that good nutrition is a cornerstone of effective learning, and we are committed to partnering with you to ensure our students thrive both academically and physically.

Thank you for your understanding and cooperation. We look forward to hosting the rescheduled workshop and providing valuable insights into fostering healthier eating habits for our children.

Kind regards,

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