CIRCULAR TO PARENTS OF FS1 TO YEAR 2

29th October 2024

Dear Parents,

SUBJECT : **Invitation to Healthy Eating Workshop**

We are delighted to invite you to an engaging and informative session on **"Healthy Foods for Young Children,"** which will be held on **Tuesday, November 15th**, in the School Multiplus.

Kindly note that this is a *free of cost* workshop, aimed at empowering you with the knowledge and practical tips on nurturing healthy eating habits in children, emphasizing the school's commitment towards our students' wellbeing.

The session will be conducted by the esteemed Nutritionist Dr. Raya Abu Younis, in collaboration with Dr. Rawan from ABBOTT Company. Together, they will lead interactive lectures and activities focusing on:

- 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 overall health

This is a unique opportunity to learn from experts and engage with other parents on fostering a healthy lifestyle for our children. We believe that informed parents can make a significant difference in their children's well-being and academic performance.

To participate, please click on the provided registration link below:

Registration - Parent Engagement (FS - Yr2)

Be sure to register by **Sunday, November 10th**, as spaces are limited.

We look forward to your active participation in making a positive change in our children's health.

Kind regards,

Chanda Pant
Assistant Principal Primary