



To : **All parents** TSPS/A24 -[24-25]/012
Subject : **General Health & Wellness Guidelines**
Date : **25th April 2024**

Dear Parents,

Greetings from TSPS!

In regard to the Health & Wellness of your ward, kindly be informed that

1. An assessment form will be given to all the children visiting the school clinic. The form will provide information regarding the reason of visit and the intervention taken, undersigned by the School Nurse.
2. Only major ailments/incidents will be informed immediately through phone call by the School Nurse but yet the parents will receive an email whenever their ward visits the Schools' Clinic.
3. The parents will be notified through a phone call/email from the class teacher & School Nurse if any child is visiting the clinic more than 3 times/very often in a month.
4. It is highly recommended to send warm water to drink especially during the winter season.
5. It is advisable not to send the child to school if he/she is unwell specifically from cough & cold.
6. It is preferred not to send previous days meal especially during summer because of its tendency to rotten soon.
7. It is mandatory to send at least one fruit/vegetable/nut as snacks apart from regular breakfast.

Food Habits:

We request you to send freshly homemade, healthy food options. This includes nutritious fruits, vegetables, and water.

Homemade meals are not only more wholesome, but they also provide your children with the essential nutrients they need to thrive throughout the day.



By sending your children with fresh, homemade foods, you can be assured that they are receiving the best possible nourishment to support their growth, development, and overall well-being.

Here is a suggested **list of healthy, homemade food options** that children can bring to school:

1. Fruits:

- Apple slices
- Bananas
- Berries (strawberries, blueberries, raspberries)
- Oranges or clementines
- Grapes
- Mango or pineapple chunks
- Melon slices

2. Vegetables:

- Carrot sticks
- Cucumber slices
- Cherry tomatoes
- Bell pepper strips
- Celery sticks
- Broccoli or cauliflower florets

3. Other Healthy Options:

- Whole grain crackers or rice cakes
- Hummus or nut butter (in small portions)
- Hard-boiled eggs
- Greek yogurt
- Trail mix with nuts and seeds
- Whole grain breads or wraps
- Homemade granola bars or muffins



4. Beverages:

- Water
- Unsweetened fruit-infused water
- Milk (dairy or non-dairy)

The key is to focus on whole, nutrient-dense foods that will provide your children with the energy and nourishment they need throughout the school day. Avoid sugary, processed snacks and juices.

Here is a list of food items that are generally considered **unhealthy and not recommended** for children to bring to school:

1. Sugary snacks:

- Cookies
- Cakes
- Doughnuts
- Candy
- Chocolate bars
- Sweetened cereals

2. Salty snacks:

- Potato chips
- Cheese puffs
- Pretzels
- Crackers with high sodium content

3. Sugary drinks:

- Soda
- Fruit juices with added sugar
- Sports drinks
- Energy drinks



4. Processed and fried foods:

- French fries
- Chicken nuggets
- Mozzarella sticks
- Corn dogs

5. High-fat and high-calorie foods:

- Fried foods
- Butter-based pastries
- Creamy dips and spreads

6. Foods with artificial additives:

- Highly processed snacks
- Brightly colored candies
- Artificially flavored drinks

It's important to encourage children to bring healthy, nutrient-dense foods to school, as these will provide them with the energy and nourishment they need to focus and learn throughout the day. Avoid sending these unhealthy items, as they can contribute to weight gain, poor dental health, and other health issues in children.

Remember to pack the foods in reusable, eco-friendly containers to minimize waste.

Thank you for your cooperation in ensuring the health and well-being of our students.

With warm regards,

The Springfield Primary School

