



Bal Bharati
PUBLIC SCHOOL

Sector – 21, Noida

Phone : 0120-2534064, 2538533 / e-mail : bbpsnd@yahoo.co.in

Website : http : www/bbpsnoida.com

Circular No. 47/2016-17

Date: 08 Sep, 2016

PRE-PRIMARY DEPARTMENT
(MONT-I & II)
PARENT ADVOCACY WORKSHOP
TOPIC: HEALTHY KIDS



Dear Parent,

As you all know, it is always challenging to develop a nutritional diet that works for children. It has become far too easy and convenient to choose prepackaged, processed, and/or fast food, and eating “on the fly” has become a habit in many families. This, coupled with pressures from children themselves, who want whatever sweet or salty product is being marketed to them, has resulted in some alarming statistics related to childhood health.

The objective behind ‘HEALTHY KIDS’ is to encourage everyone to learn more about making healthy food more attractive for children because **we feast first with our eyes and then with our taste buds**. With the participation of parents, the results will be more noticeable, with children bringing more nutritional meals and snacks to school in their tiffins leading to improved class room behavior and increase in attention span amongst our pre-primary students.

In view of the above, a workshop is planned for Pre-Primary parents in order to discuss issues like hand washing, nail care, table manners, nutritional diet as ways to maintain health and hygiene in order to prevent the spread of germs. The workshop will also deal with ways and means to make healthy nutritious food look more appealing and attractive for the tiny toddlers.

Resource Person : **Mrs. Rashmi Bhatia, Dietician, Vimhans Hospital, Delhi.**

Date & Time : 16 Sep, 2016 (Friday) at 09.30 a.m. onwards

All parents are requested to attend the above workshop to gain insight into making meals attractive for the little ones so as to turn the fussy eaters into voracious, healthy and regular eaters.

Asha Prabhakar
(Principal)

स्वच्छ भारत
एक कदम स्वच्छता की ओर

Copy to :

VPL, HM (Sr), HM (Pr), HM (Mont) (via e-mail)

Staff Members (via e-mail)

Website / File (AR)