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PRINCIPAL



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SPRINGFIELD
— INTERNATIONAL SCHOOL L.L.C —

FRIDAY, SEPT 27, 2024



Parents in Partnership

Our Parents in Partnership session this week focused on healthy eating and a healthy lifestyle and was full of helpful insights and information thanks to our resident expert school nurse Ms Sinisha



updates and news

PARENT LEARNING SESSION:



HEALTHY EATING & NUTRITION



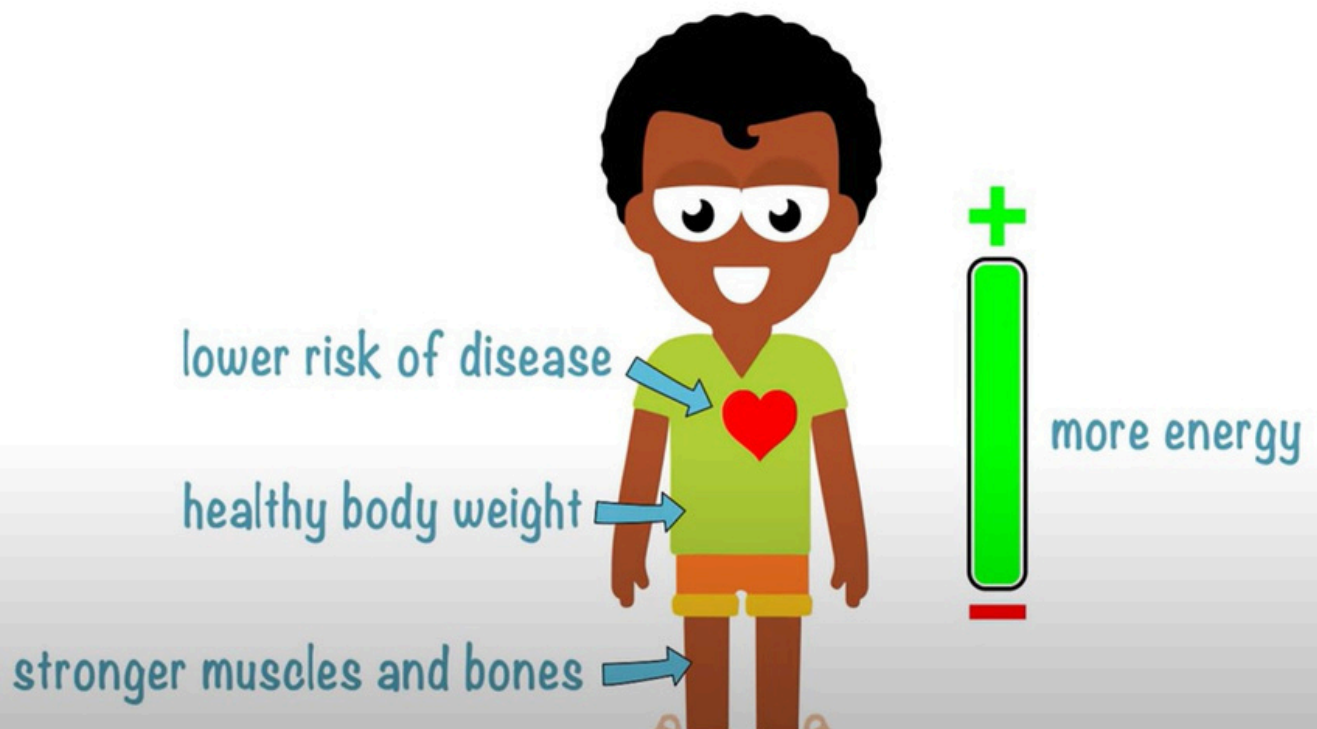
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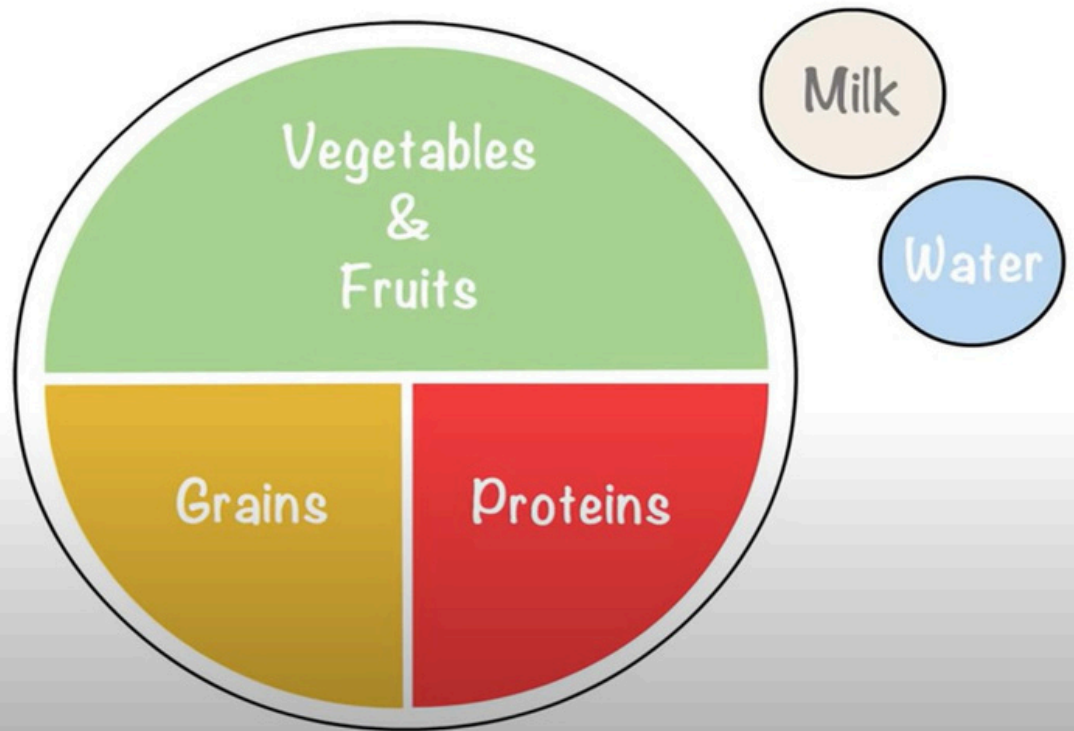
Dear Parents...

- why a healthy diet is very important ✓
- how to make healthier food choices ✓
- how to encourage a positive attitude ✓

WHY IS A HEALTHY DIET IMPORTANT?



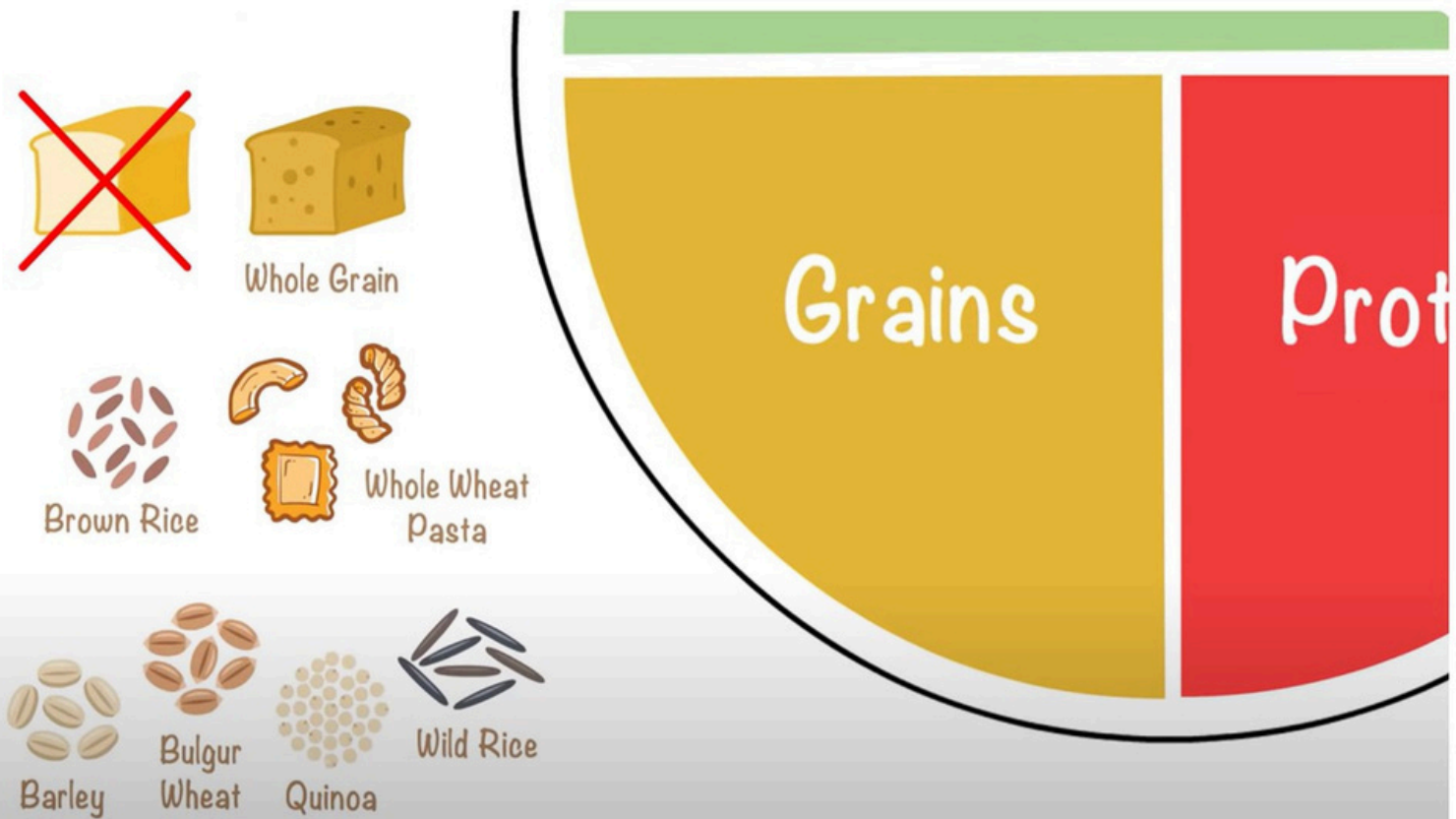
WHAT IS A HEALTHY DIET?



TIPS



Vegetables
&
Fruits





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Proteins



Beans

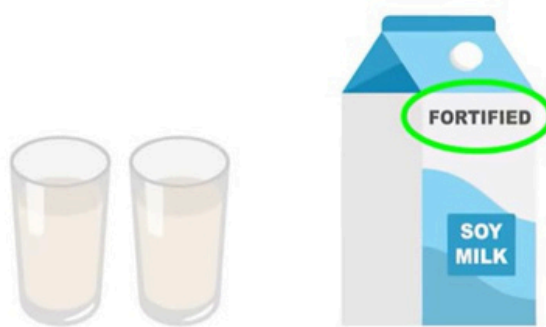


Lentils



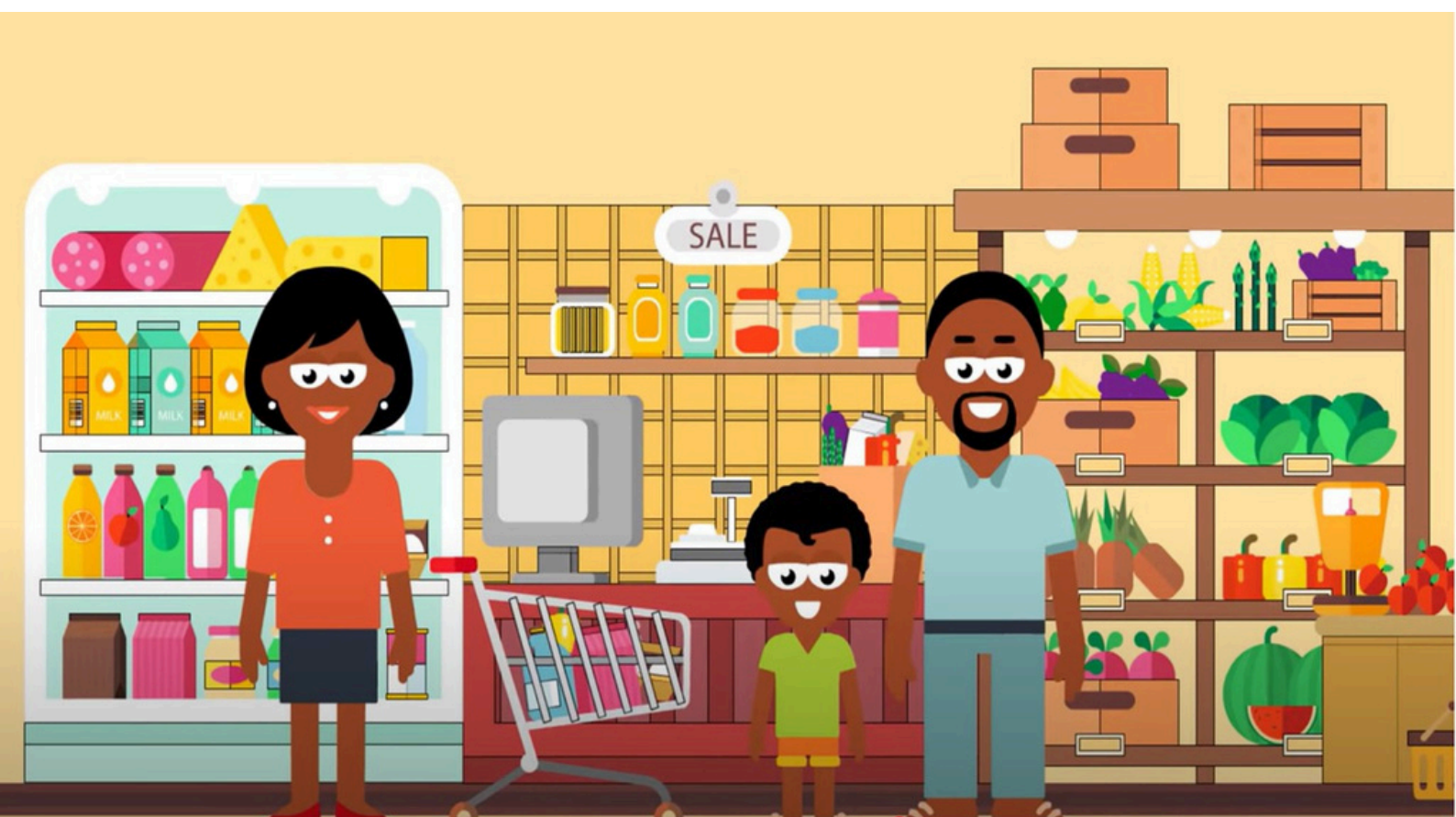
Tofu





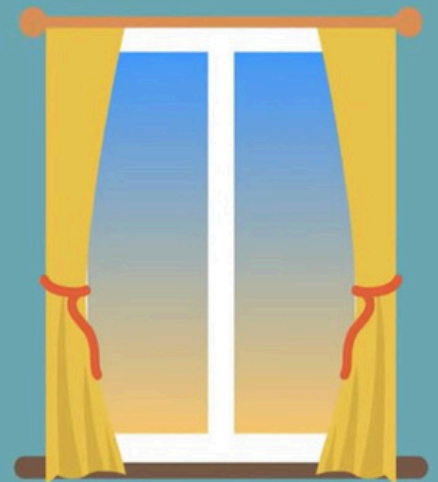


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BUILDING A POSITIVE ATTITUDE TOWARD FOOD





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DO

Prepare meals with your child

Experiment with new foods

Lead by example

Turn off TV & put away toys



BUILDING A POSITIVE ATTITUDE TOWARD FOOD

DON'T

Don't force feed your child

Avoid skipping meals

Avoid using food as a reward
or punishment



DO

- Prepare meals with your child
- Experiment with new foods
- Lead by example
- Turn off TV & put away toys

BUILDING A POSITIVE ATTITUDE TOWARD FOOD

DON'T

- Don't force feed your child
- Avoid skipping meals
- Avoid using food as a reward or punishment





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Eat all things in moderation.



How to choose healthy food for children?



About the ‘Quality’...



➤ **3 lows, 1 high:**

**Low in fat, low in sugar, low in salt and
high in fibre**

➤ **Types of food in lunch:**

- **Encouraged Food Items**
- **Limited Food Items**
- **Strongly Discouraged Food Items**



Encourage Food Items



- **Whole grains or high fibre grains/cereals**
- **Low-fat dairy products or other calcium-rich food**



Limited Food Items



- **Grains and cereals with added fat or oil and sauce**
e.g. fried rice, fried noodles, baked rice with sauce
- **Fatty cut of meat and poultry with skin**
e.g. chicken wings, spare ribs, chicken legs, fatty minced meat cake
- **Whole-fat dairy products**
e.g. full-cream milk, regular cheese, whole-fat yoghurt
- **Processed or preserved meat, eggs and vegetables**





**Children love snacks. Yet
how much do their parents
know about healthy snacks?**



What is snack?



‘Snack’ means the small quantity of food to be eaten between two main meals.



Do children need snacks?



Snacks can be provided in appropriate serving size to children on condition that their appetite for the main meals are not affected because they usually:

- **have a small stomach that could only hold a small quantity of food every time**
- **physically active and have high energy output**
- **might not get enough nutrients from the 3 meals of the day**



Appropriate serving size for snacks



It is usually smaller than that for a main meal, and it does not mean to replace the main one.

e.g. :

- ✓ **1 slice of wheat bread + 1 glass of low-fat milk**
- ✓ **1 apple + 1 glass of water**
- ✓ **2-3 plain biscuits + 1 glass of pure fruit juice**



Snacks to Choose More



Criteria for selection:

- Rich in one of more of nutrients (e.g. dietary fibre, protein, calcium), and
- '3 lows, 1 high' principle

Low fat
Low sugar
Low salt
High fibre

Low-fat dairy products

A photograph showing five low-fat dairy products arranged on a surface. From left to right: a tub of Mayflower brand yogurt, a tub of '鮮乳酪' (fresh milk curd), two bottles of milk, and a tub of fruit yogurt. Blue arrows point from the title 'Low-fat dairy products' to the yogurt tubs.

Fresh vegetables and fruit, and unsweetened dried fruit



Snacks to Choose Less




Snacks high in fat, sugar and salt



About beverages



Choose more	<p>Water</p> <p>Pure fruit juice</p> <p>Low-fat milk</p> 
Choose in moderation	<p>Sweetened fruit juices</p> <p>Sweetened soy milk, whole-fat milk, chocolate milk drink</p>
Choose less	<p>Soft drink, sweetened boxed drink, cordials, black tea, coffee</p>

**How would you deal with
children eating issues?**



What can you do for children include:

- Be a role model
- Prepare healthy lunch and snacks of love and care
- Provide a variety of healthy food
- Encourage children to exercise more and sit less
- Care more about children's needs and avoid rewarding with snacks





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Use “MyPlate” as a Checklist!

Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation

Healthy Eating *for* preschoolers

Choose **MyPlate.gov**

Get your child on the path to healthy eating.

Focus on the meal and each other.
Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

Offer a variety of healthy foods.
Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

Be patient with your child.
Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

Let your children serve themselves.
Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

Cook together.
Eat together.
Talk together.
Make meal time family time.



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Healthy Lifestyle

At Springfield International School, we encourage healthy lifestyles.

Daily Physical Exercise

1 Hour a day



Reduced Screen Time

Less than 2 hours a day



Drink Lots of Water

4 glasses a day



Sleep

At least 9 hours every night



Healthy Eating

5 fruit or veg a day



Good Hygiene

Wash my hands regularly and brush my teeth twice a day



We are a
Nut Free
School





Use this page to help you remember your healthy habits each day!

Drink plenty water (20oz for each pound of body weight)

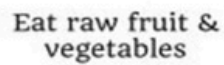
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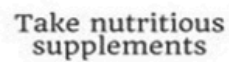
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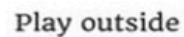
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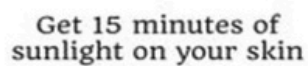
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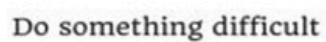
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WORLD HEART DAY



Dear Students,

In celebration of World Heart Day, we invite you to wear something red this Monday, 30th Sep 2024! This special day raises awareness about heart health and encourages everyone to take steps toward a healthier lifestyle.

Let's come together to show our support and make a vibrant statement. Whether it's a red shirt, dress, or anything red!

WE HAVE A FABULOUS FOUNDING TEAM - PLEASE SEE BELOW FOR INTRODUCTIONS TO SOME OF OUR AMAZING ADMIN STAFF HERE AT SPRINGFIELD INTERNATIONAL SCHOOL



**SAIFUDDEEN KUMBOL
MOIDEEN**
ADMIN MANAGER



**ABDULLAH ASEEF
MOHAMMED**
MANAGER



**MOHAMMED ASHIQ
RAFI**
PRO



ARIF ZAMAN
TARNSPORT INCHARGE



**MOHAMMED ABRAR
ALI**

IT INCHARGE



**IBRAHIM THALEKUNNU
HARIS**

ACCOUNTANT



**UMMARUL FAROOK
ANEKAL EBRAHIM**

HUMAN RESOURCES



MUHAMMED FALAH

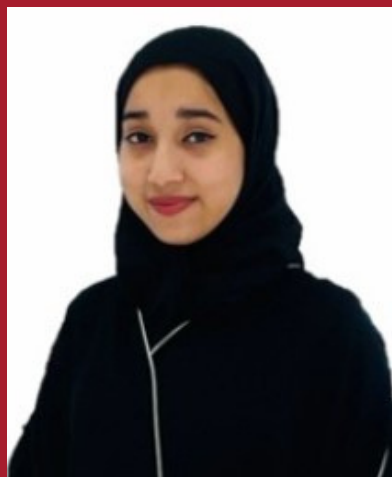
CAMPUS INCHARGE



HEBA EL-GAZZAR
REGISTRAR



**AHLAM GHASSEM
LATIFI**
RECEPTIONIST



NIZMA NASREEN
PRINCIPAL SECRETARY

CELEBRATING THE EUROPEAN DAY LANGUAGES



WE HAD A FANTASTIC TIME CELEBRATING THE EUROPEAN DAY OF LANGUAGES AT OUR SCHOOL ON THURSDAY-26TH SEP 2024! STUDENTS DONNED COLORFUL OUTFITS REPRESENTING THE HUES OF THE EUROPEAN FLAG, CREATING A BEAUTIFUL DISPLAY OF UNITY AND DIVERSITY.

THE DAY WAS PACKED WITH EXCITING COMPETITIONS AND ACTIVITIES THAT ENCOURAGED STUDENTS TO EXPLORE AND APPRECIATE VARIOUS LANGUAGES AND CULTURES. IT WAS HEARTWARMING TO SEE EVERYONE ENJOYING THEMSELVES WHILE LEARNING ABOUT DIFFERENT CULTURES.

A BIG THANK YOU TO ALL THE TEACHERS AND STUDENTS WHO MADE THIS CELEBRATION A SUCCESS! LET'S CONTINUE TO EMBRACE AND APPRECIATE THE LANGUAGES THAT BRING US TOGETHER.

IN OUR WEEKLY CELEBRATION ASSEMBLY WE ACKNOWLEDGED MORE OF OUR WONDERFUL STUDENTS:



Dorra in Year 2

Aisha in Year 3

Hamdan Mohammad Rashed in Year 6

AND MS ELLA'S YEAR 3 CLASS PERFORMED A FABULOUS RENDITION OF THEIR SCHOOL SONG:





Next week we would like to dedicate our Parents in Partnership session to discussions around creating a Parents' Association. We know how lucky we are to have incredibly supportive parents and would like to formalise our relationship a little by nurturing and harvesting the good will that is palpable within our school community.

Please do join us as all parents will automatically be members of the Parents Association by definition.

We would like to speak to you about what celebrations you would like to have during the school year; how you would like to get involved to support our young learners and how you would like to develop the special bond we have with our founding families.

All ideas and suggestions are welcome.

PARENTS IN PARTNERSHIP

Please do join us as all parents will automatically be members of the Parents Association by definition.

DON'T MISS IT!



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Wednesday 2nd October
Parents in Partnership
8-9 am
Parents Association