



## NEWSLETTER

Think International School  
Think Inquire Inspire



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### From the PYP Coordinator

Dear Parents,

Well-being continues to be as important as ever in our unpredictable world. One way that we can easily take care of ourselves, and our children is to provide a nutritious, healthy snack for them to have at school. We are seeing the majority of our students bringing snacks to school that are what the CHP call "junk food" such as chips, crackers, candies and chocolate. These are snacks that are high in sugar, salt and typically high in calories, additives and artificial colouring.

Research points out that when students have a healthy diet they are able to concentrate on their school work and regulate their emotions better. **We are asking all parents to send in a healthy snack each day for their child.** A healthy choice could be a piece of fruit (banana, apple, orange, strawberries, etc.) or some vegetables (cut up carrots, cucumbers, peppers, etc.). We will be discussing healthy eating with the students as well in school to help them understand why this is important. Starting next Monday we will be observing the students' snacks more carefully and will be providing 'healthy snack' stickers to students as a way to promote well-being at TIS.