



09 September, 2022

Circular No: 06/2022-23

Subject: Student Dispersal, Healthy Food and Devices

Dear Parents

Greetings from Garden City British School

The school has settled well. Please check out our social media for updates.

As part of our Science Curriculum across all grades our focus for the next few weeks will raising healthy eating awareness. We will run a healthy eating competition. The students will be asked to design the perfect healthy eating lunchbox.

Top nutrition tips to support your child:

- Eat breakfast every day to help maintain concentration in class. A good breakfast should be able to provide a third of the total daily energy requirement. A typical breakfast includes a cereal (for example, rice, bread, and oats), protein-rich food such as egg, a glass of milk and vitamin C rich fruits e.g. orange, and papaya.
- Eat a variety of food to ensure you meet all nutritional requirements.
- Choose a diet with plenty of grain products and vegetables.
- Choose a diet that provides enough calcium and iron to meet their growing body's requirements.
- Discuss with children from an early age about what food is good for the body.
- It is important to remember to balance food with water.
- It is important to Eat, Move, Drink, and Rest.

At GCBS, we believe in technology-based classes. However, the child's safety remains our top priority. The usage of devices in class will be limited to specific times and under the supervision of the teacher. Please be aware that personal mobile devices (phones and I pads) are not permitted in school. Thank you for your support in this matter.

Process for student pick-up is under review. Please be patient with the dispersal and pick-up as we have to cross-check your name while handing over the child for safety reasons. Starting Monday, we are intending to phase in Pre-Covid arrangements where parents can come into school to pick the child from the classroom. Gentle reminder that Green Pass validated on AlHosn is a requirement for entry to the school premises.

Thank you for your continued support.

Warm regards,

Caroline Peel
Principal