



Circular for Class NUR - XI

"Eating well is a form of self-respect"
HEALTHY SELF
HEAL THY SELF

Dear Parent

Greetings!

7th -15th May, 2017 will be observed as Mental Health Awareness Week in the school.

We at G D Goenka Public School, Indirapuram, believe in the holistic development of our students. Working towards the same goal, we always encourage good eating habits as research has shown that a healthy diet is required for good mental health and reduces the likelihood of mental health issues amongst children.

Research has also proved that few dietary changes can boost cognitive development and reduce symptoms of depression, anxiety and other mental health related issues which even young children may suffer from.

To bring into focus the natural properties of food to boost mental health and physical health, 12th May 2017, Friday, will be celebrated as Healthy Food Day. Students are required to bring one/more food items from the following list in their regular lunchbox. This is an exercise to increase awareness of students towards healing effects of food.

Foods that reduce anxiety: almonds, oranges, spinach

Foods that uplift the mood and fight depression: Walnuts, berries, banana, tomatoes, mushrooms.

Foods that improve memory: yoghurt, kidney beans, walnuts, oatmeal

Foods that increase immunity: garlic, ginger, cayenne peppers, pumpkin, pulses, yoghurt

Foods that make bones stronger: cheese, milk, yoghurt, white beans

Your cooperation towards nurturing healthy and happy children is highly appreciable.

Warm regards,

Ms. Meenakshi Dhingra,

Vice Principal.