

Dear Parents,

This morning it was wonderful to see all Starlights from Year 3 till Year 10 participating in the Dubai Fitness Challenge (DFC), in the school hall. Most of the teachers were present too. We did warm-up for 7 minutes. Then we seriously exercised all muscles for 15 minutes and then 'cool-down' for 7 minutes. We will be exercising daily from 7.40 to 8.10 in the Hall. From Sunday, we will be happy for the parents to join us in the Hall and exercise with us. Come on! Let's give our muscles a wake-up, shake-up call! Foundation Stage and Key Stage 1 will be exercising for 15 minutes daily in class. We hope you will follow up with another 15 minutes at home daily. We also advise you to exercise for 30 minutes daily; or better still, join us each morning!



### PINK & BLUE DAY - 1st Nov. 2017

We are raising awareness for Breast Cancer (PINK); and we request all Mums to have a check-up done!

We are also raising awareness for Diabetes (BLUE); SAY NO TO SUGAR! On the 1st of November, we will have a HEALTHY BAZAAR. Every child is requested to bring in some healthy food for sale. Parents need to attach a Pink or blue ribbon to the food box. OR they can write the word Blue or Pink on the box.

The money collected will go towards support for Cancer and Diabetes.

Here is a list of "Healthy Food" you can bring in for sale on the 1st of November:

- |   |   |
|---|---|
| Salads  | Low fat milk                              |
| Vegetable sticks                                  | Small water cups / bottles                |
| Assorted Dips ( homos , yogurt, labneh )          | Fresh juice                               |
| Corn sticks/ corn on a cob                        | Fresh fruits / Fruit salad / fruit sticks |
| Whole grain cereal bars                           |   |
| Brown rice  |   |
| Brown pasta                                       |   |
| Whole grain pizza                                 |   |
| Manakesh ( cheese, zaatar beef, chicken)          |   |
| Brown bread sandwiches ( chicken , beef or tuna ) |   |
| Oat cookies or biscuits                           |   |



### NO NUTS IN SCHOOL

Please remember that our school is a **nut-free** school due to some nuts causing allergic reactions in some children. We have a "NO NUTS IN SCHOOL" Policy that we take very seriously and therefore no children should be bringing in nuts. However nuts are natural power-packs of nutrients like vitamins, minerals, antioxidants, healthy fats, protein and fiber, which help children grow, develop and learn, therefore we want you to encourage your children to eat these at home but please **DO NOT BRING THEM INTO SCHOOL**. Thank you very much for your cooperation and understanding

With warm regards from  
**Ma'am Dolly**

*"When it rains, look for rainbows; When its dark, look for stars"*