

Dear Parents,

Please be advised of the following information:

- **Healthy Lunchbox Competition (FS2 – Year 3)**

We are excited to inform you that this **Friday, 10.10.2025**, we will be holding a **Healthy Lunchbox Competition for students from FS2 to Year 3**. This is a wonderful opportunity to encourage children to make healthy food choices and to celebrate creative, balanced, and nutritious lunchboxes.

Criteria for the Competition:

- ✓ The lunchbox should include a variety of healthy food groups (fruits, vegetables, protein, whole grains, dairy/alternatives).
- ✓ Food should be minimally processed and avoid excessive sweets, chocolates, and fizzy drinks.
- ✓ Presentation matters – the lunchbox should be appealing and child-friendly.

Children will be asked to explain why their lunchbox is healthy – this helps them reflect on their food choices and builds awareness of healthy eating.

Prizes will be awarded to the most balanced, creative, and well-explained lunchboxes.

We encourage you to support your child in preparing their healthy lunchbox and to talk with them about why the foods they choose are good for their body and mind.

Thank you for your continued support in promoting healthy lifestyles at school. We look forward to seeing the wonderful lunchboxes this Friday!

- **School Uniforms and ID Cards**

We kindly ask for your support in making sure your child wears the proper school uniform on regular days and the sports uniform on PE days. We have observed that some students are not wearing the prescribed uniform as per their timetable, which is a violation of our School Uniform Policy and may lead to a demerit. If your child is unable to come in the proper uniform, please inform the class teacher of the reason. Class teachers will be monitoring this closely, and students who repeatedly do not comply will be referred to the Guidance Counsellor.

As mentioned before, Student ID cards should stay at school as part of class registration (time in/ time out). If your child accidentally brings their ID card home, please ensure it is returned to the class teacher the next day.

We thank you for your cooperation in advance.

Best regards,

Excel International School