

ANNEXURES

The biochemical tests will be carried out in the school premises, in coordination with THYROCare, an internationally reputed laboratory. The blood samples will be collected by a trained lab technician using disposable syringes.

Therefore, we urge you to give your consent to the school to start a nutrition health promotion program to achieve productivity and health goals for your child at no cost.

Please note that this is purely a service being provided to improve the health and well being of your child. During one year, your child is free to withdraw, if he/she is not happy with the program.

We hope that the attachment provided will give an insight of the services that will be provided to your child in this program.

Principal

Vice Principal

SUMMARY OF THE SERVICES WE WILL PROVIDE FOR EACH STUDENT

- Frame a comprehensive school policy on nutrition. A policy that promotes healthy eating through classroom lessons and a supportive school environment (Enabling environment: Recommending nutritious and healthy meals and snacks in the school premises, games and physical activity classes).
- Monitor thrice a year nutritional and health status of each child by recommended WHO standards. The parameters to be included will be:
 - ✓ Growth Monitoring to identify optimal growth, identify signs of over and under nutrition, Nutritional anemia, goiter and other deficiency signs, if any. Prescribe nutritional supplements, if required by the student based on clinical and biochemical profile.
 - ✓ Prepare a health card for each child to monitor the progress every year based on anthropometric and biochemical assessments.
 - ✓ Integration of school food service and canteen services by monitoring healthy school meals based on recommended dietary allowances for each child, while taking special care to provide limiting nutrients in diets such as iron, fiber, potassium etc...
 - ✓ Try and create enabling environment for promoting physical activity in school for at least one hour daily.
 - ✓ Nutrition education, staff training, family and community involvement, and program evaluation. Work with teachers, parents and students, to develop the most effective and relevant nutrition education plans for the school.

AGREE: _____

DISAGREE: _____

SIGNATURE OF BOTH PARENTS: FATHER: _____

MOTHER: _____

NAME OF THE STUDENT: _____ CLASS: _____

DATE: _____

RETURNING DATE: _____