

Annexure 15

Parent Consent Letter to Make Changes In The School Environment

Adolescents represent tomorrow's work force hence investing time in their today is crucial

Dear Parents,

You all are aware that a "Nutrition Health Promotion Programme" has been started in the school. After the analysis of the data, collected during the last school session, we are providing a health card which will give you an insight to your child's health status. The problem of "**Malnutrition**" (over nutrition and under nutrition) persists among the children.

Over nutrition (over weight or obesity) has serious long-term consequences. These consequences are not apparent immediately, but has a significant risk factor associated with a range of serious non communicable diseases in adulthood, such as:

- ✓ Hypertension
- ✓ Hypercholesterolemia
- ✓ Type 2 Diabetes Mellitus
- ✓ Gall Bladder
- ✓ Asthama
- ✓ Mental health concerns and
- ✓ Orthopedic disorders have been linked to obesity

Under nutrition (under weight or anemics) also has serious long term consequences as, it affects child's cognitive ability (remembering capabilities) and results in poor performance in the class. These children are also vulnerable to infections, which interferes with their holistic development.

Normal weight children are also in the age group where there is a possibility of them becoming malnourished due to faulty eating and lifestyle habits. Moreover, this age group of students are prone to obesity rebound and are likely to get malnourished if adequate care about their diet and lifestyle is not maintained.

This double burden of malnutrition (over nutrition and under nutrition) can be reduced by creating an enabling environment for the children in the **school** as well as in the **family** (especially educating mothers), i.e., helping children to modify their dietary and lifestyle behaviors.

Initiating a "School Feeding Programme" has been shown to be an effective strategy for improving dietary habits of children and a planned menu helps to meet all the nutrient requirements required for the meal. Under nutrition, Over nutrition and Iron deficiency anemia is present in 80% of the school population. Our study has also shown that students are spending Rs. 15 on an average in buying unhealthy food from the canteen, therefore we feel that parents should encourage in the development of healthy eating behaviors by investing in a "**School Feeding Programme**".

Besides starting a "**School Feeding Programme**" in the school there are some changes which needs to be established in the school to create an enabling environment for your child, to which you are requested to give your consent by putting a tick mark in the box given. Please note that all the following changes are required in the school

environment, however, only for those we get the maximum consent, the changes can be implemented:

SCHOOL

- ☐ Starting a "School Feeding Programme"
- ☐ In the Canteen: Restricting the sale of unhealthy food items and providing healthy snacks and milk beverages.
- ☐ Iron Folic Acid Supplementation for all .

FOR THE FAMILY

Organisation of workshops for family members (especially for mothers) once or twice a month, in the school, including:

- ☐ Presentations on how family members can influence the development of healthy dietary and lifestyle practices of children.
- ☐ Demonstrations of healthy menus.
- ☐ Talks by eminent personalities to build the capacities of the family members.

With this concern, the school is organizing a talk on **"Importance of School Feeding Programme" on 9th August, 2008 in the auditorium at 8.30 am.** You all are requested to attend this talk where we can have an open discussion on the need to start a School Feeding Programme.

Name of the child: _____ lass: _____

Signatures Father: _____ Mother: _____

Principal

Vice Principal

Principal

Vice Principal