

GLS / C / 559-22

CIRCULAR

22nd September 2022

Leveraging the classroom to improve health

Dear Parent,

Healthy eating learning opportunities such as nutrition education are a vital part of a comprehensive health education program that empowers children with the knowledge and skills to make healthy food and beverage choices along with recognizing how a healthy diet influences emotional well-being.

GEMS Legacy School is leading the future of community health with Dubai's first K-12 innovative '**Nutrition Curriculum**' specializing in nutrition, health, and food innovation. The school is partnering with **Sameer Shaikh, Founder, and Neha Chohan, co-founder, and nutritionist at Traintheninjaway** to develop nutrition-centered content and strategies that are cross-curricular and can be flexibly integrated into lessons as well as executed effectively throughout the school day.

Diet quality often declines during adolescence, when teens assume more responsibility and greater autonomy in choosing what they consume. To enhance their appreciation of food systems, the nutrition curriculum will be pilot tested with male and female students of grades 6 and 7 for a period of six months, starting October 2022. It will eventually be streamlined and transacted across the whole school.

Awareness sessions on the 'Nutrition Curriculum' are scheduled as follows:

Teachers: 5th October 2022, 2:15 p.m. – 3:45 p.m.

Parents: 13th October 2022, 2:00 p.m.- 3:30 p.m.

Students (Grade 6): 19th October 2022, 11.00 a.m. – 12:30 p.m.

Students (Grade 7): 19th October 2022, 9.00 a.m. – 10:30 a.m.

The launching of this endeavor is meant to coincide with the sixth edition of the Dubai Fitness Challenge initiated by HH Sheikh Hamdan to stress the importance of movement and exercise as being complementary to nutrition. Sameer Shaikh and Neha Chohan whose expertise also lies in fitness training will work in tandem with not only subject teachers but also the school's physical education teachers to grow the curriculum and its implementation beyond the classroom.

The GEMS Legacy School Nutrition Curriculum is designed to give teachers and students the information, tools, and motivation needed to make healthier choices. It aims to inspire all school stakeholders to create a fitness-focused mindset and move toward healthy active lifestyles.

Kindly fill out the [Expression of Interest form](#) for the session to be conducted for parents of Grades 6 and 7, which will be conducted on the 13th of October 2022 from 2.00 p.m. to 3:30 p.m. in the Primary Campus Auditorium. The last date to register is 7th October 2022.

We look forward to your wholehearted support and participation as we embark on this journey.

Warm regards,



Asha Alexander

Principal

Executive Leader - Climate Change

آشا ألكسندر

مديرة المدرسة

الرئيس التنفيذي - تغير المناخ