



دي بي اس - المدرسة الهندية الحديثة  
DPS - MODERN INDIAN SCHOOL

Doha-Qatar

*Celebrating 25 Years of Excellence in Education*



# DPS-Modern Indian School Clinic Newsletter

🌿 Eat Healthy, Stay Healthy 🌿

Dear Parents,

Greetings from the DPS-Modern Indian School Medical Team!

Good health begins with good food. Every meal is an opportunity to fuel our children with strength, energy, and focus. This October we emphasize the value of balanced eating habits—because a well-nourished child is not only healthier but also happier and more confident.

## 🍏 Why Healthy Eating Matters



*A balanced diet provides the body with essential vitamins, minerals, and nutrients.*

*It helps children by:*


- 🏃 Supporting Growth – Builds strong bones and muscles.
- 🧠 Boosting Brainpower – Improves focus, memory, and learning.
- 🛡️ Strengthening Immunity – Protects from frequent illnesses.
- ⚡ Increasing Energy – Keeps them active throughout the day.

⚠️ Poor eating habits may cause tiredness, frequent infections, obesity, or low academic performance.



# Simple Tips for Parents




 **Start with Breakfast** – A nutritious breakfast fuels the body and mind.




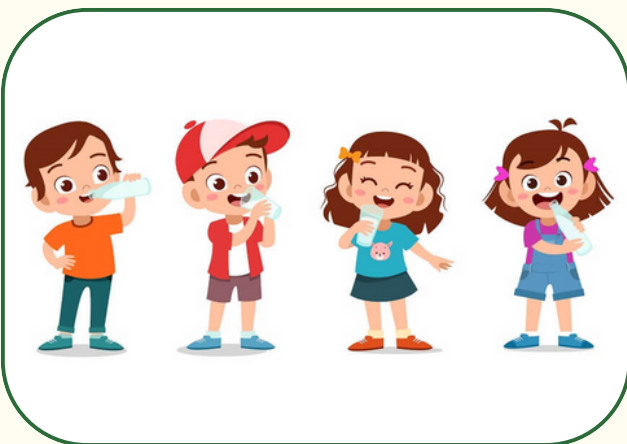
 **Colorful Plates** – Add fruits and veggies to every meal.




 **Healthy Lunchboxes** – Choose whole grains, eggs, fruit slices, or salads instead of packaged snacks.



 **Cut Down on Sugar** – Too much sugar leads to energy crashes and dental issues



 **Stay Hydrated** – Encourage kids to sip water often.



 **Be a Role Model** – Children copy parents' eating habits.

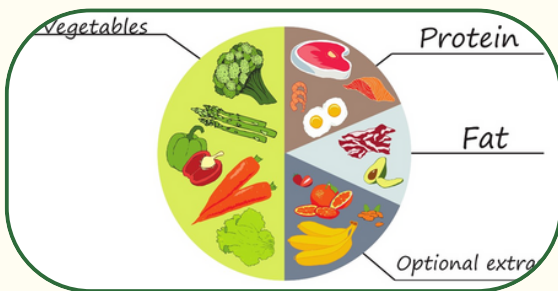
# ☀️ *Extra Healthy Habits for Families*



👨‍🍳 **Involve Kids in Cooking** – Washing veggies or making fruit salads sparks interest in healthy food.



🕒 **Stick to Mealtimes** – Eating on schedule prevents overeating.



🍴 **Teach Portion Control** – Eat until satisfied, not overfull.



🌍 **Celebrate Food Diversity** – Try new healthy cuisines to make meals fun.

## 💡 *A Healthy Reminder*



Food is not just about filling the stomach—it is medicine for the body and mind.

A balanced plate with:

- 🥬 Vegetables
- 🍏 Fruits
- 🍞 Whole grains
- 🍖 Proteins


➡️ keeps children strong, energetic, and happy.

☀️ **Remember: Healthy food is the real fast food!**



# ***Together for a Healthier Future***

By making small, consistent changes, we can help our children build habits that will last a lifetime. Let us inspire them to choose health, happiness, and strength—one meal at a time.

Stay Healthy, Stay Happy! 

Warm Regards,  
DPS-Modern Indian School Medical Team