

BILLABONG HIGH

INTERNATIONAL SCHOOL

HEALTH JOURNEY– get your brain and body to match their fitness!

“A Sound mind dwells in a Sound body”. A sound body means a healthy body, free from discomforts and heaviness. A sound mind or brain means a brain capable of good, positive and free-thinking. A combination of a healthy mind in a healthy body is obtained by maintaining a good balanced diet and physical activity.

We at BHIS – Kelambakkam believe that for an overall growth of a child, it is important to feed them the right food at the right intervals. Because,

Healthy Eating + Physical Activity = Improved Academic Performance

Research has shown that the academic success of students is strongly linked to their health and healthier students are indeed better learners. Students who are more physically active and consume a balanced diet perform better in school than those who do not. Here are a few fun facts:

- Students who eat breakfast have better attention and memory.
- Children who eat more fruits and vegetables tend to report better mental health and pay better attention to what is taught in school.
- Eating right could boost the energy and enhance the athletic performance in children.
- A healthy diet can boost the immunity and prevent children from falling sick.

Based on facts, we at BHIS Kelambakkam have designed a balanced diet plan for our students so as to influence their eating habits towards healthy eating. We also aim at letting them explore what various types of foods look like, smell like and taste like and teach them to regulate their hunger by eating till they are full and not wasting food unnecessarily.

To be continued...

By Revathy Imaya Surya Foods Pvt Ltd, Catering Supplier, BHIS - K



BHIS-K IN FOCUS

Cherries

We have given a name to our weekly newsletter as “Cherries”. Hope all parents like this new name as the word “Cherries” brings a nice fragrance and colour to the mind which is what we would like our newsletter to do.

SOF (Science Olympiad Foundation)

We at BHIS-K have signed up with SOF for our students to get a competitive edge in Math, Science, English and Information Technology. This will enable our students to enrol in the “Olympiads” through our campus and compete with children nation-wide

EVENTS IN CAMPUS

Students visited Sadhana Clarke School on Helen Keller Day

Our Grade 3-6 students visited Sadhana Clarke School for the Deaf and Mentally Retarded at Chenganmmal on Wednesday. The visit was organised by us as a part of 'Helen Keller Day' Celebrations.

Ms Komala, (School In charge, Sadhana Clarke), explained to our students how children with hearing disability are taught in the class, and went on to state that most of the students stay in campus during the academic year. She encouraged our students to visit the children as this lifts their spirit and morale.

Sadhana students surprised our students and staff team by performing a dance that was an eye-opener to our students as they understood how children with special needs feel the beats of music through the floor and air. BHIS-K students and staff decided to treat them back with several dance performances.

Ms Chitra (Sr.Academic Coordinator) distributed mid-day snacks and lunch to the students of Sadhana Clarke on behalf of the BHIS-K family.

Rakshita (Grade 4 student, BHIS-K) had a dozen questions after the visit on why hearing-impaired students find it challenging to speak. This initiated a dialogue between staff and students on various disabilities and how it affects other skills in an individual. The visit helped our students develop empathy towards children with special needs and will surely leave a lasting impact in their personal lives.



A Taste of the Seasons

Our Junior KG students hosted the 2018, 'Taste of the Seasons' event on Friday, June 29, 2018. This event was held in the classroom and was open for parents. They got to witness their little ones enjoying a day of seasonal décor while touring each of the featured season corners-summer, monsoon and winter. The festivities showcased students identifying and describing different seasons. They also sang to "Sing a Rainbow" written by Arthur Hamilton featured in the film, 'Pete Kelly's Blues'. Their class teachers Ms Pallavi and Ms Pavitra ensured parents participated with children through various interactive games.



B'Day Celebrations

BHIS – K team has been active in developing and maintaining the family bonding culture in the campus and in so doing, we have started to organise birthday celebrations of students and staff on the last Friday of every month. **Happy Birthday to all and may God give all of us a long and fruitful life.**



SCHOOL MEAL PROGRAM

Team BHIS – K has finalized the following menu after consulting with the school Nutritionist Dr Deepalekha and observing students and their preferences over the past month. We strive to provide hot and balanced meals every day in BHIS on campus.

Please be informed that we make small changes on a weekly basis to the menu to ensure children are exposed to variety in what they eat in school.



BHIS-K Health Program Menu

Date/Day	Breakfast	Break	Lunch	Break
MONDAY	Omelette, mini uthapam, chutney, sambhar. Corn flakes with banana/apple	Orange juice + cookies	Peanut Salad, chappathi, rice, beetroot poriyal, chicken semi gravy / green dal, papad, curd	Horlicks + sweet corn
TUESDAY	Paniyaaram, egg paniyaaram, chutney. Butter, wheat bread, jam	Watermelon juice + tea cake	Pasta salad, fish fingers/ gobi fry, chappathi, veg khurma, mint pulao, beans & carrot fougath raitha	Boost + slider
WEDNESDAY	Egg bhurji, tawa mini idly/ carrot mini idly with chutney vada, coconut seva	Carrot juice + cookies	Sprouts salad phulka, veg briyani, curd rice, fryums, bindi fry, chicken masala/ paneer butter masala	Horlicks + veg fingers
THURSDAY	Mini dosai / oothapam with sambhar & chutney Boiled egg, multi grain bread, butter, jam	Mosambi juice + banana cake	Green salad, chicken manchurian/ veg manchurian, fried rice, rice, dal makhni, papad, aloo roast	Boost + channa sundal
FRIDAY	Idly with sambhar & chutney, egg omelette Pasta	Musk melon juice + cookies	Chickpea salad, butter chicken curry/ aloo peas masala, rice, chappathi, dhal, curd, pappad, ghee sweet	Horlicks + pancake