



ACTIVITY REPORT

Event:	Healthy Eating & Sustainable Living Initiative		
Venue:	The Westminster School		
Academic Year 2025-26	Year /Section: Year 1 to Year 6		
No of Students participated: All primary students	Staff-in-charge: Ms. Fatema Kuvawala		
Skills developed	<ul style="list-style-type: none">• Awareness of balanced nutrition and healthy food choices• Decision-making skills for mindful eating• Understanding of sustainability and responsible consumption• Leadership and communication skills through presentations, campaigns and broadcasts• Collaboration and participation skills in school-wide initiatives• Development of environmental awareness, especially reducing food waste• Advocacy skills by educating peers and younger students• Building healthy lifestyle habits for long-term wellbeing		
Learning Outcomes	<ul style="list-style-type: none">• Identification and understanding of the importance of healthy eating and balanced nutrition• Ability to make informed and mindful food choices in daily life• Adoption of healthy eating habits at school and at home• Increased awareness of food sustainability and reduction of food waste• Understanding of the connection between food choices, personal health, and environmental impact• Demonstration of responsible consumption practices, including portion control and minimizing waste• Development of communication and leadership skills through presentations and peer engagement• Contribution towards a school culture that promotes health, wellbeing, and sustainability		

Healthy Eating Week: At Home and At School

As part of promoting healthy lifestyle habits and sustainability awareness, students enthusiastically participated in Healthy Eating Week from 13th to 17th October during the mid-term break, with the initiative continuing at school from 20th to 24th October.

Throughout the two weeks, students actively engaged in sharing photographs of their nutritious and thoughtfully prepared meals from home, as well as bringing healthy lunch options to school. A key focus of the initiative was not only on balanced nutrition but also on making sustainable food choices, such as reducing food waste, choosing locally sourced and wholesome foods where possible, and being mindful of portion sizes.

The activity encouraged students to reflect on how everyday food decisions can impact both personal well-being and the environment. It was inspiring to see their enthusiasm as they proudly showcased colourful, balanced, and environmentally conscious meals, while also motivating their peers to adopt healthier and more responsible eating habits.

Through this engaging initiative, students developed a deeper understanding of the connection between nutrition, well-being, and sustainability. The campaign successfully reinforced the message that healthy choices today contribute to healthier minds and a more sustainable future for all.



TWS Radio Broadcast:

As part of the school's sustainability initiatives, a State Broadcast was conducted to raise awareness about healthy eating and responsible consumption among students and staff. The broadcast took place before the start of the school day, from **7:20 a.m. to 7:30 a.m.**, providing an opportunity to share important messages with the wider school community.

During the broadcast, students spoke about the importance of maintaining healthy eating habits and making informed food choices. Key messages included choosing nutritious foods, staying hydrated, and developing balanced eating habits that support overall wellbeing and responsible use of resources.

The broadcast also highlighted the connection between food choices and sustainability. Students encouraged their peers to be mindful of portion sizes, avoid food wastage, and appreciate the resources

involved in food production and consumption. Emphasis was placed on the idea that small daily actions, such as taking only what is needed and reducing waste, can collectively contribute to a more sustainable environment.

By delivering these messages through the State Broadcast, students demonstrated leadership and advocacy skills while promoting a culture of responsibility within the school community. The initiative successfully reinforced the importance of healthy eating and sustainable practices, encouraging students to become more conscious of their everyday choices and their impact on the environment.



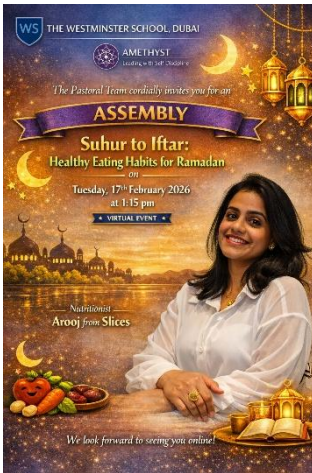
Webinar by Ms. Arooj: Ramadan Assembly – Sustainable Food Choices

A special assembly titled “*Suhur to Iftar: Healthy Eating Habits for Ramadan*” was conducted on 17th February 2026 for students and staff, focusing on responsible food consumption and reducing environmental impact through mindful eating practices during the Holy Month of Ramadan.

The session was led by guest speaker **Arooj Abid from Slices**, a DHA-licensed Clinical Nutritionist, who shared practical insights on making balanced food choices, planning meals effectively, and reducing overconsumption during fasting hours.

A key focus of the session was the importance of avoiding food wastage, especially during Suhoor and Iftar, where excess preparation and serving often lead to unused food being discarded. Students and staff were encouraged to take only what is needed, value resources, and make informed choices that support reduced environmental impact.

The assembly highlighted how everyday dietary decisions can contribute to reducing pressure on food systems and supporting more responsible consumption practices within the school community.



Ramadan Sustainable Food Awareness Campaign

Following the assembly, students led a school-wide campaign promoting responsible food practices during Ramadan with a strong emphasis on environmental sustainability and reducing food waste.

The campaign focused on encouraging the school community to:

- Prepare and consume only what is required for Suhoor and Iftar
- Avoid excessive food portions that may lead to waste
- Choose balanced meals that reduce unnecessary packaging and processed food consumption
- Promote mindful purchasing and preparation of food items at home
- Develop awareness of how food waste contributes to environmental strain

Through active engagement with peers and staff, students shared messages promoting responsible consumption and demonstrated leadership in encouraging practical, everyday actions that reduce food waste.

The campaign successfully strengthened understanding of how individual choices in food consumption directly impact environmental sustainability, particularly in reducing waste and encouraging more efficient use of resources.



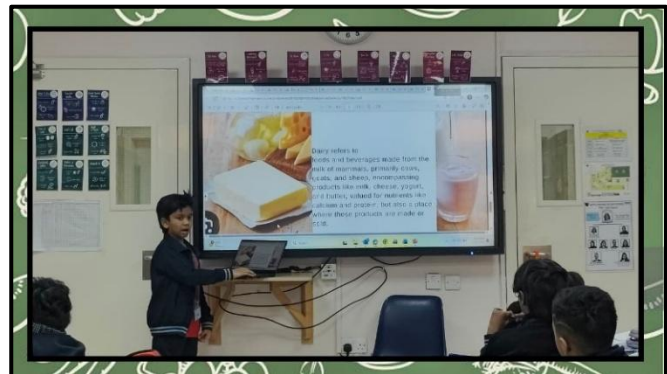
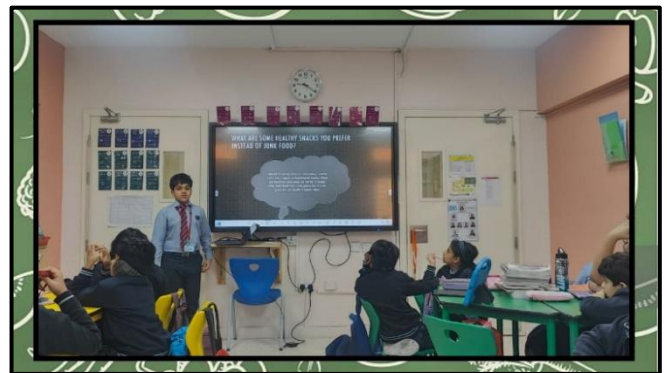
Healthy Eating and Sustainability Awareness Presentation

Students prepared and delivered a PowerPoint presentation on *Healthy Eating* to younger learners, focusing on making informed food choices and understanding the importance of balanced meals in daily life. The presentation was designed and delivered by students, giving them the opportunity to communicate key messages in an engaging and age-appropriate manner.

During the session, students explained the importance of choosing nutritious food options such as fruits, vegetables, whole grains, and adequate hydration, while also highlighting the need to limit processed and high-sugar foods. The presentation was interactive, allowing younger children to ask questions and engage in discussions about their own food choices.

A key aspect of the presentation was the integration of sustainability concepts through everyday food habits. Students naturally linked healthy eating with responsible consumption by discussing how reducing food waste, taking only what is needed, and making mindful choices at meal times can contribute to a more sustainable environment. They also highlighted how avoiding unnecessary packaging and overconsumption supports a reduction in environmental impact.

The activity provided students with a platform to develop communication and leadership skills while reinforcing the idea that food choices are not only important for personal health but also play a role in protecting environmental resources. The session successfully encouraged learners to reflect on how simple daily decisions can support both healthier lifestyles and a more sustainable future.



Student-Led Healthy Eating Campaign

As part of the school's sustainability initiatives, students actively participated in a Healthy Eating Awareness Campaign aimed at promoting responsible food choices and reducing food waste within the school community.

Students designed informative and creative posters highlighting the importance of healthy eating habits and mindful food consumption. They then visited different classes across primary school to present their key messages and engage young learners in discussions about making nutritious food choices.

During their classroom visits, students raised awareness about the benefits of balanced meals, choosing fresh and wholesome foods, staying hydrated, and avoiding excessive consumption of processed foods. They also encouraged their peers to be mindful of portion sizes and avoid wasting food, helping them understand the connection between everyday food choices and the responsible use of resources.

The campaign provided students with an opportunity to develop leadership, communication, and advocacy skills while promoting a culture of responsibility and conscious consumption. Through peer-to-peer engagement, the initiative successfully increased awareness of how healthy eating habits can contribute to a more sustainable future by reducing food waste and encouraging thoughtful use of resources.



Healthy Eating Webinar by the school doctor. Dr. Suriya.

As part of the school's commitment to promoting sustainability through responsible lifestyle choices, a webinar was conducted for parents by the school doctor, Dr. Suriya. The session focused on the importance of healthy eating habits and how sustainable food practices can be incorporated into everyday family life.

During the webinar, Dr. Suriya shared practical guidance on balanced nutrition, healthy meal planning, and encouraging children to make informed food choices. Parents were provided with strategies to establish healthy eating routines at home while fostering an appreciation for responsible consumption.

A significant focus of the session was the relationship between food choices and sustainability. Parents were encouraged to plan meals thoughtfully, purchase food responsibly, minimise food waste, and make the most of available resources. Discussions also highlighted how reducing unnecessary consumption, avoiding excess food preparation, and encouraging mindful eating can contribute to a more sustainable future.

The webinar emphasized that sustainability begins with everyday actions at home. By adopting conscious food practices and reducing waste, families can play an important role in protecting environmental resources while promoting healthier lifestyles for their children.

The session provided a valuable opportunity for parent engagement and strengthened the partnership between home and school in fostering a culture of sustainability. Parents left with practical ideas and a deeper understanding of how healthy eating and responsible consumption work together to support long-term environmental stewardship.



Student's Feedback:

Great enthusiasm was shown throughout the Healthy Eating activities. Sharing pictures of nutritious meals and bringing healthy lunches made the experience enjoyable and interactive. A sense of pride was evident in making healthier food choices, along with a willingness to try new nutritious options. The activities encouraged peer inspiration and helped build awareness about adopting better eating habits. Overall, the initiative was engaging, meaningful, and promoted responsible food choices.

Teacher's Feedback:

A noticeable improvement in awareness and understanding of healthy eating was observed. Participation remained consistently high, with strong enthusiasm and responsibility demonstrated throughout the activities. The initiative effectively reinforced positive lifestyle habits and supported mindful decision-making related to food choices. The integration of sustainability concepts led to increased consciousness about reducing food waste. The programme proved impactful in promoting both health and environmental responsibility within the school community.

Ms. Fatema Kuvawala - HOH Equity - Primary