



Children's Day celebrations in Kol schools turn less sweet, more healthy

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Kolkata: On the eve of Children's Day, some CBSE-affiliated schools in Kolkata chose not to give high-calorie chocolates and sweets during the school celebrations.

Instead, they opted to provide food items containing less sugar and salt. The step comes in the backdrop of CBSE's efforts to promote a healthy lifestyle. CBSE issued a directive in May, asking schools to install 'Sugar Boards' to combat the rising rates of childhood obesity, diabetes, and other health issues. Schools have already installed sugar boards and changed the menus of their canteens.

On Thursday, South Point

BEYOND SUGAR

- **Dropped from menu**
Chocolates, brownies, sweets, items containing excess salt and sugar
- **Alternatives gifts** | Healthy nutrient bars, zero-sugar juices, non-food items like pens and pencils
- **Calorie concern**
Unhealthy food items also being removed from school canteens

School, which usually distributed chocolates among students until last year, made a change by distributing tasty bars of goodness with healthy components to remind them about mindful eating. "By in-

'Sugar boards' set to debut in CBSE schools as studies flag diabetes worry



roducing nutrient-rich, healthy yet tasty bars on a day we celebrate children, the school hopes to send a message—our dear pupils need to understand the importance of mindful eating," a statement issued by the school reads. It also stated that they are introducing healthy snacks in the school canteens instead of packaged salty chips.

DPS Ruby Park will distribute a specially prepared food packet containing a savoury item and a fruit-based juice free from added sugar. "This

thoughtful selection ensures that children enjoy tasty yet wholesome food," Joyoti Chaudhuri, the school's principal, said.

Newtown School has dropped brownies, chocolates, and sweets from its canteen menu. Principal Satabdi Bhattacharjee said, "We are trying to start this from the primary level. So, on Nov 15, we called parents of nursery to class II students to attend two special sessions with a paediatrician and a nutritionist back-to-back." Rupika Nath, acting principal of South City International School—affiliated to CISCE—said the school would distribute pens and pencils among students instead of chocolates.