

Circular No: CIS/Acad/2025/111

Date: 28.07.2025

## Subject: Sugar Awareness Activities (Sugar Board Initiative)

Dear Parents,  
Greetings!

As per the CBSE guidelines and under the direction of the **National Commission for Protection of Child Rights (NCPCR)**, our school is pleased to launch the '**Sugar Board**' Initiative to create awareness among students about the health risks associated with **excessive sugar intake**.

Over the years, the rise in sugar consumption among children has contributed to various health problems such as **Type 2 diabetes, obesity, and dental issues**. To combat this, we are introducing informative and interactive activities aimed at **educating our students on healthier food choices**.

**Date:** Saturday, 2nd August 2025

**Theme:** "Say No to Excess Sugar – Choose Health"

### Activities Planned:

#### 1. Establishing 'Sugar Boards' in Classrooms:

Informative posters and charts showing:

- Recommended daily sugar intake
- Hidden sugar in common foods (cold drinks, packaged snacks, sweets, etc.)
- Negative effects of sugar on health
- Healthy food swaps and balanced diet options

#### 2. Poster-Making / Chart Designing:

Topic: "Sugar – Sweet Enemy of Health"

- Students will create awareness posters individually or in groups.

#### 3. Interactive Talk / Seminar (by teachers or health expert):

- A brief session on the risks of excess sugar and importance of nutrition.

#### 4. "Spot the Sugar" Activity (Fun Learning):

- Students will identify food packets or visuals with high sugar content.

#### 5. Healthy Food Stall (Optional):

- Display of fruits, nuts, and other healthy snacks to promote smart choices.

We request you to kindly encourage your child to participate actively and bring required materials like chart paper, colors, slogans, etc., if needed.

Let us together take a step toward building a **healthier and more aware generation**.

Warm regards,

**Principal,**  
**Chinmay International School-CBSE**