



LOYOLA SCHOOL

JAMSHEDPUR - 831001 (JHARKHAND)

(Affiliated to the Council for the Indian School
Certificate Examination, New Delhi)

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Dear Parents,

As a school committed to the holistic well-being of every child, we are increasingly concerned about the rising levels of sugar consumption among children today. From pre-primary to senior secondary, excessive intake of sugar — particularly through processed snacks, sweets, and sugary beverages, can have serious short and long-term effects on your child's health.

Regular consumption of high-sugar foods and drinks can lead to:

- Tooth decay and early dental problems
- Poor concentration and energy crashes
- Increased risk of childhood obesity and diabetes
- Behavioural issues and mood swings
- Weakened immunity and overall poor nutrition

We seek your cooperation in promoting healthier food habits by:

- Sending fresh, home-cooked meals and fruits in lunch boxes
- Avoiding items like chocolates, pastries, biscuits, packaged juices, colas, and chips
- Encouraging water instead of flavoured drinks or sodas
- Reading food labels for “hidden sugars” even in seemingly healthy products
- Avoid food with excess salt and oil

Together, let us create a culture of conscious eating that will help our children grow into healthy, happy individuals. We count on your support in making this a sustained effort both at school and at home.

Thank you for partnering with us in building a healthier future for our children.

Fr Vinod Fernandes SJ, PhD,
Principal