



EMIRATES FUTURE INTERNATIONAL ACADEMY



CIRCULAR FOR GRADES 6 TO 12 PARENTS

EAT RIGHT AND GET ACTIVE CAMPAIGN 2025-26

EFIA /CIR- 4/2025-26

Date:09/04/2025

Dear Parents,

Greetings from EFIA!

We are pleased to inform you that Emirates Future International Academy is taking an initiative for Eat Right and Get Active campaign amongst the students to bring awareness about the healthy life style. To kick start the campaign, we are planning to have the following activities on Friday, 11th April 2025 during the IBT period.

Class	Activity Name
Grade 6 to 8 (Boys)	Healthy Breakfast – Exhibition. Ingredients: Honey, Dates, Nuts, Fruits and Vegetables. <ul style="list-style-type: none">• Students should explain the nutritional facts/vitamins present in the food they display.
Grade 6 to 8 (Girls)	Zumba (Auditorium)
Grade 9 and 10	Debate on “Is Organic food really better for the environment and health”
Grades 11 and 12	Advertisement Making in the form of video with street play or skit, etc....

Foods to be avoided

Castor sugar, junk foods (Chips, Soft drinks, French fries, biscuits), excessive oil, all-purpose flour.


SAJI OOMMEN
PRINCIPAL