

2021 Healthy Children Initiative at JPS

2021
HEALTHY
CHILDREN

“2021 Healthy Children” is one of the ambitious initiatives of the National Program for Government Communication. Its ultimate objective is to reduce child obesity in the UAE to 12% by the year 2021.

Obesity is a condition that leads to major deterioration of health and it is a major cause of diseases such as heart disease and diabetes. In modern day societies, excessive consumption of food and lack of physical exercise has aided the spread of obesity at an alarming rate, especially among children.



The campaigns focus on changing bad eating habits and overcoming sedentary lifestyles through raising awareness and educating both the young and old.

At JPS we are fully supporting the premise that all children at our school benefit from healthy diets and good levels of physical activity.

During the Half term have a look at the 2021 Healthy Children Initiative website with your children. There is an area with activities for children and an area with information for parents.

<http://healthychildren2021.ae/?lang=EN>

From Thursday 26th February we will launch our Active Month for all JPS children. This will be a great opportunity for children to log their activity over the course of a month with the aim of one hour a day for each child. More details to follow after the break in blogs and in assemblies.

Many thanks as always for your support.

Kind regards

Rachel Higgins