



TCS/GEN/118/2022-23

Date: 02-11-2022

CIRCULAR

VALUE OF THE MONTH: UNITY IN DIVERSITY التتوع في الوحدة

SUBJECT: VITAMIN D MISSION

Dear Parent,
Greetings from the Central School Dubai!

#WAKEUPWEDNESDAY

Please refer to the enclosed tips by Ms. Shiny Surendran, Asia's leading sports nutritionist on the importance of Vitamin D for the normal growth and brain development.

Regards,

Syed Ali Haider Rizvi

PRINCIPAL



Vitamin D Mission

Vitamin D

is needed for normal growth and bone development

THE DEPARTMENT OF HEALTH RECOMMENDS THAT CHILDREN **UNDER 5** SHOULD TAKE A VITAMIN SUPPLEMENT



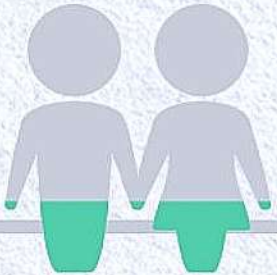
Ongoing research shows that vitamin D can help prevent other health problems

- Immune disorders
- Muscle weakness
- Allergies

UAE CHILDREN ARE ONLY GETTING

27%

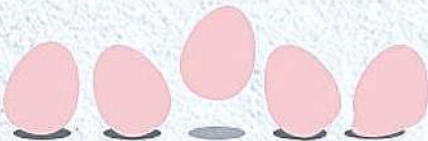
OF THEIR DAILY DIETARY NEED OF VITAMIN D



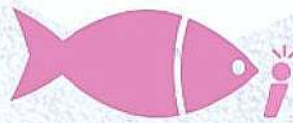
Did you know?

VITAMIN D IS IMPORTANT FOR YOUR LITTLE ONE'S GROWTH AND BONE DEVELOPMENT

6 month to 5 year olds need 7 micrograms* of vitamin D a day



*equivalent to at least 5 eggs



Salmon and other oily fish are big in vitamin D, along with liver, eggs and fortified cereals. But because of the quantities needed, it's hard to get enough from diet alone.



THE SUN

IN THE UK HELPS YOUR BODY PRODUCE VITAMIN D BETWEEN MARCH AND SEPTEMBER. AS A ROUGH GUIDE, VITAMIN D IS PRODUCED WHEN YOUR SHADOW IS SHORTER THAN YOU.



Sunscreen, clothing or even glass will reduce vitamin D absorption

<https://shinysurendran.com/>