

**LAUNCHING OF TUCK SHOP GUIDELINES of
MONT FLEURI PRIMARY SCHOOL
16TH MAY 2018**

Minister Jean-Paul Adam

Principal Secretaries

Senior Officials from the Ministry of Health

**Senior Officials from the Ministry of Education and
Human Resource Development**

School Council Chairpersons

Chairpersons of Parent Teacher Association

Head Teachers

Teachers

Parents

Tuck Shop Operators

Ladies & Gentlemen

Dear students

Good morning,

It is an honour for me and my ministry to be present today at this important ceremony, for the launching of the newly revised tuck shop guidelines being recommended by the Ministry of Health.

I would like to commend you, Minister Adam and your team for the health awareness and promotion campaign and for taking this bold step in pushing forward these new recommendations to help instil healthy eating habits in children, and reinforcing the implementation of the National School Nutrition Policy.

We are here today to reaffirm our support and commitment towards an important decision geared at building a healthier nation for the future. We believe that the school is the best place to start as education plays a vital role in bringing about change.

Children are getting more and more exposed to unhealthy food choices and it is therefore important for parents and teachers to be aware of the long term

effects that unhealthy eating can have on the physical and mental health of children.

Good nutrition has been linked with good academic performance and according to evidence, children who do not eat well-balanced, wholesome and nutritious diets are less likely to perform well academically. The school meal programme, tuck shop services and the PSE curriculum are important structures that support healthy eating in the school and which provide students with opportunities to learn more about healthy eating and acquire skills on how to make healthier food choices.

Although there have been major improvements in the implementation of the National School Nutrition Policy over the past few years, more needs to be done to further educate parents, school staff and tuck shop operators on the *raison d'être* of the policy. The use of the Traffic Light System will no doubt enable students, parents, teachers and operators make more informed food choices.

The campaign motto: “*Ed li manz byen*” is appropriate as it calls upon parents, teachers and other adults to help encourage young children and adolescents to adopt healthier eating habits to help reduce cravings for unhealthy foods and provide them with the opportunity to grow into healthy and confident adults.

I would like to take this opportunity to urge school managers, teachers, parents and tuck shop operators to fully support the rationale of the new tuck shop guidelines and to focus more on what it can achieve in the long term.

Banning of fruit juices in the school will help encourage children to drink more water, hence improving their health in general. Most schools have water fountains that ensure students get free access to cold and safe drinking water. Banning of processed foods in the school will encourage more consumption of our local produce which are generally healthier because they contain no preservatives and other harmful chemicals.

To end, I would like to encourage all of us adults to play a more active and positive role in the lives of our children and to be role models ourselves. Parents should give their full support to what the school and ministries are advocating. Healthy eating education and habits should continue at home and in the community to really have an impact. We all have to speak the same language and adopt the same habits or else all our well-meaning efforts would be fruitless.

I would again like to thank the Ministry of Health for establishing these new guidelines and on behalf of the Ministry of Education and Human Resource Development we again renew our commitment in ensuring that the new tuck shop guidelines and the School Nutrition Policy are adhered to and promoted throughout the whole of the school.

Annou ansanm “Ed li manz byen”!

Thanking you for your attention.