



Why is Healthy Nutrition Important for Our Scholars?

"Why is it important for scholars to eat healthily?" you might ask.

Research has consistently shown that children learn significantly better when they are well-nourished. **Eating healthy meals has been linked directly to higher academic marks, improved memory, heightened alertness, and faster cognitive processing.**

At Enderun Primary Schools, we encourage our parents to actively partner with us by providing wholesome, nutritious foods that fuel learning, vitality, and physical growth.

Inclusivity & Cultural Respect Guidelines

Enderun Primary takes immense pride in embracing scholars from diverse cultural, ethnic, and religious backgrounds. To maintain a respectful, inclusive, and safe environment for all students:

Strict School Regulation: Pork Products Prohibited

Due to religious and dietary requirements within our school, **all pork and pork-derived products (e.g., pork, ham, bacon, lard) are strictly forbidden** on school property. Please ensure no pork products are brought into the school in lunchboxes or snacks.

Our School Canteen

For parents who prefer purchasing meals at school, our fully equipped campus canteen offers a comprehensive variety of fresh, delicious, and nutritious daily options.

Quality Guarantee

All meat and chicken products are ethically sourced, handled, and prepared under strict hygienic standards.

To deliver top-tier culinary quality and nutrition, our canteen proudly collaborates with renowned food partners:

- **Damak Fresh Foods** — Catering fresh meat, chicken and healthy meals.
- **Tadinda Restaurant** — Delivering delicious, authentic, and hygienic food options.

Recommended Lunch & Snack Options (From Home)

When packing lunches at home, we kindly encourage parents to focus on healthy, plant-based, egg, fish, and dairy options:

Lunch Suggestions

Category	Recommended Meal Ideas
Sandwiches & Wraps	Whole-grain/brown bread with cheese, egg salad, avocado, or falafel wraps.
Fish & Seafood	Tuna salad, salmon sandwiches, or crispy fish fingers.
Grains & Pasta	Vegetable pasta dishes, noodles, rice bowls, or grain salads (quinoa/lentils).
Vegetables & Soups	Grilled/roasted seasonal vegetables, hearty vegetable soup (in thermal flasks).

Snack Suggestions

Snack Type	Examples & Suggestions
Fresh & Dried Fruit	Apples, bananas, berries, grapes, mandarins, peaches, raisins, dates, figs.
Fresh Vegetables	Carrot sticks, cucumber slices, cherry tomatoes, green beans, capsicum.
Dairy & Bakery	Cheese cubes/sticks, plain yoghurt, bran/savoury muffins, rice cakes, crispbreads.
Healthy Munchies	Air-popped popcorn, roasted nuts, whole-grain crackers.

Drink & Treat Regulations

PERMITTED DRINKS	Plain Water & Non-Flavoured Milk.
NOT PERMITTED	Biscuits, sweets, chocolates, chocolate spreads, or commercial cake muffins.
NOT PERMITTED	Juice, soda, flavoured water, milkshakes, and drinking yoghurt.