



14th September 2017

Dear Parents and Students,

This week finds me writing to you again. I am pleased to inform you about some of the positive changes that we are planning on introducing in school.

A gentle reminder : **School finishes early tomorrow!**

History Books for Year 3 to 9

Parents of children from Year 3 to Year 9 would have noticed that the History books are missing from the book list. Our teachers have compiled the relevant material for all classes from Year 3 till Year 9 and have produced it in the format of tastefully done up book. We are now ready to distribute the reference material to all classes from Year 3 till 6. The books for the secondary classes will be ready by next week. Cost of production of these books are RM 40. Please send the amount with your child for these books . These books are also being uploaded on teamie so that they may be accessed in the eBook format.

UBS Bookshop Hours

We would like to formally inform that our bookshop's new opening hours are as follows:

Tuesday: 10.00 am to 2.00 pm

Friday: 7.30 am to 12.00 noon

The change in the hours on Friday is to make allowance for our new Retail Assistant, Zul to perform his Friday prayers. The news sales manager from UBS who will be handling our school is Raja Ida Raja Izzaham.

Juice Program for School students

We are introducing cold pressed juices for our students and teachers from October. This is by Bigfruit Ventures that is based in Cyberjaya. They will be delivery the cold pressed juices to the students during break time. The brochure is attached for more information on them and it includes the pricing and more details.

Those interested my fill out the forms and return it back to the school via their class teachers by the 20th September. I am hoping parents will take this initiative to inculcate healthy eating habits amongst their children.

That's all we have for now. Thank you.

Barnali Guha

Principal

Calendar

Dates to Remember !

15 th -17 th Sept	Fri- Sun	MUN Conference
18 th Sept	Mon	ECA Starts
22 nd Sept	Fri	Public Holiday (Awal Muharram)
7 th Oct	Sat	TCC AGM



TANARATA INTERNATIONAL SCHOOLS

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Dietary Requirements



The 2015 Dietary Guidelines for Americans and the American Academy of Pediatrics (AAP) concur that 4 to 6 ounces of 100% fruit juice per day is appropriate for young children. For children age 7 and older, the AAP recommends a daily serving of 8 to 12 ounces per day.

Consuming 100% juice is an easy way to boost fruit and vegetable intake. Children need 4-5 servings of vegetables and 2-3 servings of fruits per day.

Endorsements



Certified by



No Sugar ★ No Preservatives
No Coloring ★ No Stabilizers



Healthy School

Making a difference in your child's school

Apple Zapple

red and green apple, grapes, zucchini, kale

Sunny Orange

Orange, Carrot, Zucchini, Celery

Sweet Dew

honeydew, pear,
green apple, spinach

Melon Blaster

watermelon, red apple, carrot, celery,
orange

Red Beet

watermelon, strawberry, beetroot,
zucchini

Green Punch

Celery, Kiwi, Pear, Lemon

Mixie Pixie

watermelon, honeydew,
red apple, green apple and orange



DO YOU KNOW ???

Kids love juice. But they're not always big fans of vegetables and fruits. Our kids' juice range is a great way of giving your children the best nutrients nature has to offer, in a fun delicious packaging they're sure to love. They are perfect for packing in their lunchboxes or enjoying in the afternoon as a healthy snack.



Why Cold Pressed Juice ?



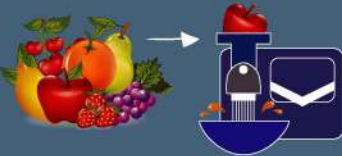
Cold-Pressed vs Centrifugal

why we use the cold press method

	COLD PRESS	CENTRIFUGAL
TASTE	The cold press yields a smooth and pulp-free juice.	Centrifugal Juice may be gritty and contain pulp, which leads to further oxidation
NUTRIENTS	The cold press method extracts 3 to 5 times more nutrients	Centrifugal juicers extract mostly water, leaving many nutrients behind
SPEED	The slow speed creates no friction and no heat, preserving enzymes	The high speed of the spinning blades creates friction and heat, killing enzymes
OXIDATION	Juice is extracted from the pulp with no oxidation	Active oxidation occurs when centrifugal force introduces oxygen
STRUCTURE	Juice is fully blended, with minimal separation	Juice has higher water content and decomposes almost immediately

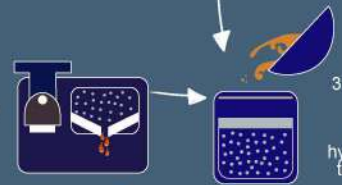
COLD PRESSED PROCESS

1. We use several pounds of the freshest fruits and veggies delivered daily from local and/or organic farms.



2. We then gently squeeze and crush them using a grinder to make a nutrient dense pulp.

4. We carefully combine these nutrient dense juices into delicious and beneficial recipes that nourish your body and mind!



5. We bottle up our locally made, totally fresh, and super righteous juice so you can feel your best.



3. The pulp is then "cold-pressed" using more than 5 tons(!) of hydraulic pressure to extracting 3-5x the amount of enzymes, nutrients and vitamins than traditional juice.

6. And it's ready to be enjoyed



School Juice Program

Bigfruit Ventures introduces the School Juice Program (SJP) which provides fresh, raw, and nutritious cold pressed juice specially catered for school children. Moreover, it is important to raise awareness on healthy eating habits among the students for a healthy lifestyle. Good nutrition is essential to good health, so Bigfruit cold pressed juice recipes have been formulated and analyzed by dietitians from Sunway Medical Centre based on the daily nutritional requirements.

Why School student should be drinking Bigfruit Cold Pressed Juice?

- ✓ Prepared using fresh fruits and vegetables
- ✓ All juices' nutrition have been analyzed and endorsed by Sunway Medical Center's dietitian team specially for students
- ✓ No heat involved in the cold pressed juicing method compared to conventional juices
- ✓ Cold Pressed daily and reaches consumers within 12 hours
- ✓ No additives, coloring, sugar and preservatives
- ✓ Rich in vitamins and minerals
- ✓ Combination of recommended vegetables and fruit juice in a single bottle.
- ✓ The juice processing plant is certified by Infection Control Consulting & Services (ICCS) Malaysia
- ✓ Juice bottles are BPA Free
- ✓ Provide different types of juice daily

Produced by
Bigfruit Ventures
info@bigfruit.com.my
www.bigfruit.com.my



School Juice Program



School Juice Program

Tanarata International School



Subscription Form (2017-Term I)

PACKAGE		A	B	STUDENT/STAFF DETAILS
FULL MONTH (Monthly Plan)		RM48	RM88	
Month	October	<input type="checkbox"/>	<input type="checkbox"/>	
Month	November	<input type="checkbox"/>	<input type="checkbox"/>	Class :
HALF MONTH (Monthly Plan)-Mid Dec		RM24	RM44	Tel :
Month	December	<input type="checkbox"/>	<input type="checkbox"/>	Email :
OR				
2017 TERM 1 (Full Term Plan)		RM120	RM220	Total Payment : RM
Per Term	Oct to Mid Dec	<input type="checkbox"/>	<input type="checkbox"/>	

PACKAGE A: Delivery on Monday and Thursday

230ml Cold Pressed Juice Bottle (varieties)
2 times per week and 8 times per month

PACKAGE B: Delivery on Monday, Tuesday, Thursday and Friday

230ml Cold Pressed Juice Bottle (varieties)
4 times per week and 16 times per month

Term 1 ending on 15th December hence the package will be given for half month only.

Please attached this form with the payment to school.

Phone: 03-86881504

Email: info@bigfruit.com.my

Making a difference in your child's school