



SGS2024-25 Circular No.0042

Date: 02/04/24

Healthy Platter Activity

Grade I – V

***"Investing in your health will produce enormous benefits
in every area of your life."***

Dear Parents,

Namaskar!

We are excited to announce a special classroom activity aimed at promoting healthy eating habits among our students. As part of our ongoing efforts to instill a love for nutritious foods, the school has organized a **"Healthy Platter Activity"** for **Grades I – V on Friday, 5 April'24.**

The students need to bring healthy food for their Fruit Break. This may include some tasty dishes made from any of the following options:

- **Oats**
- **Ragi**
- **Sprouts**
- **Fruits or other nutritious food**

To spread awareness about healthy and nutritious food the teachers will have a classroom discussion with the students.

We request you to support this initiative by reinforcing the importance of healthy eating habits at home. You can help your child prepare for the activity by discussing the benefits of eating a balanced diet and encouraging them to try new and nutritious foods.

Looking forward to your kind support in promoting a healthy lifestyle among our students.

Regards

Team SGS