

INTERNATIONAL INDIAN SCHOOL, AL-JUBAIL
C.C.A (L.KG) KINDERGARTEN SECTION 2019-2020

“ A HEALTHY MIND IN A HEALTHY BODY” 23/4/19

Dear Parents,

As we all know that children grow at a steady rate during Kindergarten years, so it is necessary to inculcate good eating habits and develop general awareness about healthy food.

Once kids start schooling, life takes on a new routine. A regular intake of food, especially a nutritious breakfast is needed to keep children active throughout the day and help their concentration while learning.

Our children's health and well- being are dependent on our commitment to promote healthy food habits at home and school. We are pleased to inform you that we are celebrating **Healthy Food Week** from **28/4/19 to 2/5/19**. Kindly send only healthy and nutritious food in his/her snack box as any activity done with the peer group will leave an ever lasting impact in their minds.

Your co-operation will be highly appreciated.

Mrs. Charu

CCA IN-CHARGE

Nayer Fatima

HM KG SECTION

Shameer D

PRINCIPAL

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