

HEALTH ADVISORY

“A healthy outside starts from the inside.” - Robert Urich

Dear Parent

It has been observed that many students come to the school without eating proper breakfast which results in low energy levels and lack of concentration.

In order to ensure healthy eating habits in students, it is reiterated that your ward takes note of the following

- Eats something nutritious in the morning before coming to school.
- Carries a fruit of their choice to the school for the fruit break.
- Carries a tiffin with a balanced meal to the school. Fast food or food with high glycemic index should be avoided.
- Brings a small snack box if the commuting time is long.
- Brings buttermilk or a tetrapack of a nutritious drink of their choice to balance the loss of salts on days they have P.E. or Outdoor Assembly.
- Stays hydrated.

We look forward to your support for the same.

DPS Rohini