



## VIDYA BHARATI SCHOOL

C-Block, Surya Nagar, Ghaziabad, U.P.

### C I R C U L A R

**Pre-Primary Wing**

**Circular No.VBS/CIR/2017/12**

**24.07.2017**

**Dear Parents,**

*"Eating Healthy make us happy"*

With reference to the above quote, we at Vidya Bharati School leave no stone un-turn to inculcate good eating habits in our tiny tots from the beginning.

Eating a balanced diet is vital for good health and well being. Food provides us with essential nutrients that we need to live, grow and function properly. To nurture the importance of healthy eating habits we are celebrating "Health & Hygiene Week". The following activities will be conducted in this week:

DATE	DAY	PARTICULARS
24.07.2017	Monday	Table Mat Making along with coloring competition
25.07.2017	Tuesday	Puppet Show (Demonstration of good eating habits)
26.07.2017	Wednesday	Talk Show (Importance of Health & Hygiene)
27.07.2017	Thursday	Nutritious Food Party
28.07.2017	Friday	Visit to Vegetable Mart

**Note :** Send Apron & Mat daily.

**PRINCIPAL**



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