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CD. NO. 043/23

Date : 30/08/2023



Dear Parent,

We are thrilled to announce the upcoming 'Veggie Week' from **4th September 2023 to 7th September 2023**, aimed at promoting health and wellness among our Kindergarten students.

'Veggie Week' is designed to foster a positive attitude towards fruit and vegetable consumption. Through engaging classroom activities, students will explore different vegetable groups, developing a comprehensive understanding of their nutritional benefits. By collectively promoting healthy eating, we shape a healthier future for our students. Your vital support empowers students to make informed dietary decisions, cultivating enduring positive habits.

Day	Date	KG I & KG II
Monday	4/09/2023	<ul style="list-style-type: none"> Bulb Vegetables (Onion, Garlic, Leek) Root & Tubers (Carrot, Radish, Pumpkin, Potato, Turnip) <p>Activity Visit to the School Garden</p>
Tuesday	5/09/2023	<ul style="list-style-type: none"> Stem & Leaf Veggies (Asparagus, Kohlrabi, Cabbage, Lettuce, Spinach) <p>Activity: Riddles & Rhyme Time</p>
Wednesday	6/09/2023	<ul style="list-style-type: none"> Seed Vegetables (Pea, Soyabean, French Beans) <p>Activity: Dress up as your favorite vegetable</p>
Thursday	7/09/2023	<ul style="list-style-type: none"> Fruit Vegetables (Brinjal, Capsicum, Cucumber, Tomato, Melon, Pumpkin) Flower Vegetables (Cauliflower, Broccoli) <p>Activity: Vegetable Sandwich / Salad Day</p>

Guidelines :

- Students are to bring one vegetable every day as per the given schedule during the Veggie Week. Veggie snacks can be sent in their tiffin boxes.

We look forward to your enthusiastic involvement in 'Veggie Week' as we embark on this journey towards healthier lifestyles.

Thanking you,
Yours sincerely,

Dr. S. J. JACOB
(PRINCIPAL)

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