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CD.NO.063/25

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## KINDERGARTEN

## NOURISH & FLOURISH WEEK



Dear Parents,

We're excited to announce that our school is celebrating **Nourish & Flourish Week**! Over the next week, our kindergarten students will be bringing **Healthy Snacks** in their lunch boxes.

During this week, we'll be teaching the children about various food groups, including fruits, vegetables, greens, pulses, and the importance of a balanced diet. Our goal is to create awareness about healthy food habits among our young learners.

We appreciate your cooperation in encouraging your child to eat nutritious food. Your support will help us instill healthy eating habits in our students.

Date/ Day	Special Assembly & Activity	My Healthy snack box
<b>Monday</b> <b>13/10/2025</b>	<ul style="list-style-type: none"> <li>Healthy eating awareness session food with grains and pulses</li> <li>Whole Grain Exploration</li> </ul>	<ul style="list-style-type: none"> <li>Food made of grains, cereals and pulses</li> </ul>
<b>Tuesday</b> <b>14/10/2025</b>	<ul style="list-style-type: none"> <li>Group activity-Eat a Rainbow.</li> <li>Healthy Plate Art Activity.</li> <li>Veggie Faces on plate</li> </ul>	<ul style="list-style-type: none"> <li>Fruits and Vegetable snacks</li> </ul>
<b>Wednesday</b> <b>15/10/2025</b>	<ul style="list-style-type: none"> <li>Tasting station</li> <li>Make a lemonade</li> </ul>	<ul style="list-style-type: none"> <li>Dairy Products (Food made of Milk, yogurt cheese paneer.)</li> </ul>
<b>Thursday</b> <b>16/10/2025</b>	<ul style="list-style-type: none"> <li>Apple Oxidation Experiment</li> <li>Bread Mold experiment</li> <li>World Food Day</li> </ul>	<ul style="list-style-type: none"> <li>Food with Fats and sugar</li> </ul>
<b>Friday</b> <b>17/10/2025</b>	<ul style="list-style-type: none"> <li>Storytime: The hungry caterpillar</li> <li>Food Pyramid</li> </ul>	<ul style="list-style-type: none"> <li>My favourite healthy snack</li> </ul>

Thanking You,  
With Regards,



Dr S.J Jacob  
(Principal)
