

Cir no: HBTATH /GEN/49/ 25-26

Date: 08/10/2025

HABITAT WELLNESS WEEK- 13th to 17th October 2025

Dear Parent

In line with our continuous efforts to promote healthy living and positive lifestyle habits, we will be observing Healthy Week from 13th October to 17th October 2025. The main objective of this initiative is to encourage our students to make mindful choices about food, fitness, and overall wellness.

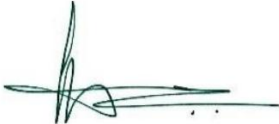
During this week we encourage you to send home made healthy meals in your child's lunch box. A balanced and nutritious diet helps children stay energetic, focused, and strong—supporting both their learning and overall well-being.

Class teachers will monitor the food items brought by the students, aiming to create awareness about balanced meals and discourage the consumption of junk food, sugary drinks, and processed snacks within the school premises.

We request parents to kindly cooperate by helping children pack healthy food options such as fruits, salads, boiled or grilled items, nuts and seeds, whole grain sandwiches, fresh juices, and other wholesome snacks. This collective effort will not only support our theme for the week but also nurture long-term healthy habits among our students.

Let us work together to make this 'Wellness Week' a success and raise a generation that values fitness, wellness, and a balanced lifestyle.

Regards,



Ms. Mariyam Nizar Ahamed
Principal