



ST. THOMAS' SCHOOL
DWARKA, NEW DELHI

Cir No.: STS/02/2022-23

6th April 2022 (Wednesday)

Dear Parents,

As part of the ongoing **World Health Day**, the school is taking an initiative to organize the following activity to create awareness among students regarding the importance of health.

S.No.	Date / Day	Class	Activity
1	7 th April 2022 (Thursday)	I-VIII	Healthy Tiffin Box: Students will bring a nutritious tiffin box tomorrow and speak about the ingredients and nutrients of the food packed in their tiffin.

Note: To start the school day on a healthy note, parents are requested to send a fruit (no cut fruits preferably) in their ward's tiffin box everyday.

Ms. Meneka I. Singh

(Head of School)