

SMART WONDERS SCHOOL

House Activities for Classes 6 to 10 (September'24)



Monday, 9th September 2024

SWS/ACD/2024-25/65A

Dear Parent

Greetings from Smart Wonders!

We are pleased to inform you that our school will be celebrating Poshan Maah from Monday, 16th September to Monday, 30th September 2024. As a part of this initiative, we have planned a Nutritional Meal Campaign 'Swaad bhi Swasth bhi' for our students of classes 6-10. This campaign aims to promote the importance of mindful eating; we would also request our parents to send nutritious Tiffin during this month.

Activity- Classes 6-10- Monday, 16th September 2024 –Session on Healthy lifestyle

An engaging session will be conducted to highlight the benefits of making healthy food choices along with an announcement of a campaign for the 'crusader class for Nutritious meal' for classes 6-10. The judges will declare the winner class and student at the end of the month after observing their food habits.

Activity – Class 9 - Friday, 20th September 2024- Healthy Tiffin Recipe Contest – Inter

House Competition

The students are required to bring Healthy tiffin with description of recipe and nutritional values.

Judgement Criteria: Nutritional value of the dish, Presentation and creativity, Taste and appeal

Activity – Class 10 - Friday, 27th September 2024- Healthy Menu for a Week –Inter House Competition

Each house will present a week-long healthy meal plan, including breakfast, lunch, and snacks. [Special emphasis on healthy school tiffin]. The weekly meal plan will be presented on a paper- Coloured pens, pictures to be used by the students and the oral presentation should be made to highlight: Balanced diet, Variety and inclusion of all food groups, Creativity in meal planning

Judgement Criteria: Nutritional balance, Creativity and variety, Feasibility and practicality

We request you to discuss these activities with your child and encourage him/her to participate actively. Let's work together to celebrate Poshan Maah and cultivate a culture of health and wellness in our society.

Warm regards

**Poonamjit Kaur
Principal**