



HEALTHY EATING HABITS CLASSES UKG to X

Tuesday, 18th August 2026

SWS/ACD/2026-27/80

Dear Parent

Greetings from Smart Wonders School!

As the monsoon season brings changes in weather and an increased risk of infections, we encourage you to take extra care of your child's health and well-being.

We kindly request you to:

- Avoid sending junk food, packaged snacks, chips, fried and highly processed foods in the lunch box.
- Pack fresh, nutritious and balanced meals for your child.
- Include seasonal fruits, vegetables, whole grains, sprouts, nuts and other healthy food options.
- Ensure that food is packed hygienically and is fresh.
- Encourage children to drink adequate water and maintain good hygiene before eating.

A healthy and nutritious diet helps children stay energetic, focused and better prepared to learn throughout the school day.

Let us work together to make healthy eating a daily habit and keep our children safe and healthy this monsoon season.

Warm Regards

Ruchika Sharma
Principal