

Dear Parent,

Greetings!

Sub: Times NIE 'Eat healthy' workshop 2019-2020

Times NIE is organising a health guide workshop 'Eat healthy' to give children an insight into a healthy lifestyle. 'Eat healthy' aims to provide awareness on Healthy Food habits to school children from classes VI to IX at school on 25th November, 2019.

To provide a better perspective on the context, they are roping in Arogya Aahar as a Knowledge partner. Nutritionists from Arogya Aahar will accompany them to the schools and talk about different Healthy Eating Habits, Nutritious food and Dining Etiquettes supported by an audio-visual presentation.

'Eat Healthy' Workshop

- Students from classes VI to IX will participate in the workshop, during the school hours.
- Students will be divided into 10 groups with each group consisting of 100 children for the workshop.
- The workshop will be conducted on the school campus.

Modus Operandi of the workshop

- Post the workshop, a contest on 'My child helps me at home' will be run in school, where contest forms will be given away to students for their parents to write about 'How the child is helping them at home'. Children also need to do a drawing on 'Balanced Diet' in the contest forms.
- Students are required to bring back the contest forms with their parent's response and the drawing, to the school and drop it in the contest box put up at in the school.

Perks

- Schools will select the Best Two Responses from all the forms and gratify those students with gift vouchers, which will be provided by us.
- Handbook on 'Eat Healthy & Learn Dining Etiquette' & 'Healthy Recipes' will be distributed among all the Workshop participants.

We take this opportunity to thank you for your constant encouragement and enthusiasm in supporting the school in making these endeavors a success.

Best regards,

Vista School

Sd/-Principal