



THE INDIAN COMMUNITY SCHOOL KUWAIT



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Dear Parent,

As you are aware about the rampant increase in diseases arising out of modern consumer lifestyle, the Indian Community School has taken in its stride to create awareness amongst its prime stakeholders, which our children.

We have decided to cultivate a healthy school culture wherein all of us at ICSK will pursue a healthy lifestyle within the campus. Let us join together and make the following venture happen so that we are positively involved in the future life creation of our children and that we also enhance our daily routine towards grooming a Healthy Generation.

*We gladly announce the “**BIO-BREAK**”, consisting of two breaks, commencing from **Sunday, October 27th 2019**.*

- *1st Sub break:* Fruits break at 8.50 am to 8.55am
Students will eat washed fresh fruits and vegetables from neatly packed tiffin.
- *2nd Sub break:* Water break at 11.50 am to 11.55 am
Students to bring from home one bottle of drinking water
- *Main break which will continue as usual*

Since the present generation do not consume fruits, vegetables and water in adequate amounts, we have taken this initiative to bring about a change in their campus lifestyles.

Therefore, we have decided to create awareness through new campus lifestyle. Let us jointly take initiatives towards a better time and food management at home and make this venture a success for the better future of our children. How well-fitting is the age-old message for our times.

“HEALTH IS WEALTH”

Regards

Dr.V.Binumon
PRINCIPAL

18.10.2019

