



GRADE III to X

Dear Parents,
Greetings from Cambridge!

Date: 31.10.2018

Children are
Amazing, cherish them
Believable, trust them
Energetic nourish them
Innocent, delight in them
Joyful, appreciate them
Talented, believe in them
Unique, affirm them

Extra special Celebrate with them.

Children are the world’s most valuable resource and its best hope for the future.

Healthy Kids Learn Better

- Get active each Day.
- Eat Few snacks and select healthier alternative.
- Turn off the TV, Computer, keep aside your cell phones and get active
- Eat more fruits and veggies.
- Choose water as a drink.

Let’s make health and fitness our goal to improve physical and mental health of our student, so that they realise their potential and work happily and productively.

You are requested to go through the details and prepare your ward accordingly.

#	COMPETITION	GRADE	DATE	INSTRUCTIONS
1	Jog your brains Memory Game	III	13.11.2018	Students will identify and write healthy element in the things displayed.
2	Healthy eating, Health Choice Collage Competition	IV	13.11.2018	Students will do a collage of healthy food in a creative manner on paper plate. Materials Required: Theme related pictures, decorative items & stationaries.
3	Food Cupboard Fruits and vegetable Eater Meter.	V	13.11.2018	Students will prepare a cupboard and place all the healthy food picture or items in a creative manner. Group Competition: 6 members in each team. Materials Required: Cardboard, Chart papers, Colour papers, Theme related pictures.
4	Expression: Poster Making Competition	VI	13.11.2018	Theme: “Health and Fitness”. Materials Required: Chart Paper, colours and stationary.
5	MAD AD Show Health Food Campaign.	VII	13.11.2018	Students will present a Mad Ad Show on the topic “Fast Food and our health” Group Competition: 8 members Time Limit: 3 minutes.

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6	Raponomics Rap for Good Food.	VIII	13.11.2018	Students will prepare a Rap song based on the theme "Health and Fitness". The rap can be in English, Hindi or Kannada. Group Competition: 6 members Presentation Time: 2 minutes.
7	Peerless Platter (Cooking without fire competition)	IX	13.11.2018	Students will prepare a meal platter in groups and share the nutritional value. Students must bring all the items and ingredients for the preparation. Time Limit: One Hour.

ACTIVITIES

DIWALI FUN

Festivals promote diversity, they increase creativity, they offer opportunities to improve general psychological well – being.

Activity	Grade	Date	Instructions
Decorative Candles	III	2.11.2018	Materials shall be provided.
Thermocol Diwali Aarathi Plate.	IV	2.11.2018	
Recycled Lanterns	V	2.11.2018	Materials Required: newspapers, colour papers and decorative items.
Stitched Diwali Cards	VI	2.11.2018	Materials Required Chart paper, Activity related items
Flower Rangoli floating on water (House Wise Activity)	VII	2.11.2018	Activity related items.
Rangoli design (House Wise Activity) Theme Green Diwali)	VIII & IX	2.11.2018	Activity related items

Wellness Week

Come let's get moving for health and fitness.

Teachers will take up PPT presentation on the above topics on 13.11.2018.

- Grade III to V : Healthy Eating Habits.
- Grade VI to VIII : You are what you Eat.

Holidays for November month:

- 01.11.2018 : Kannada Rajyotsava
- 06.11.2018 to 08.11.2018 : Diwali Holidays
- 21.11.2018 : Id_Milad.
- 26.11.2018 : Kanakadasa Jayanthi.

Dates To be Remembered:

- 15.11.2018 : Science Olympiad Exam (During Regular Class).

