

Open Sky School

Date:20.04.25

Circular No.OS/05/25-26

Dear Parents

As part of our commitment to students' overall well-being, and Poshan Pakhwara an initiative for Promoting Nutrition Awareness and Empowerment by Gov. of India. We are happy to launch a Healthy Lunch program to promote mindful eating and healthier lifestyle choices.

From Monday , students are encouraged to bring balanced, home-cooked meals that include fruits, vegetables, whole grains, and pulses,salad etc.

Junk food items such as chips, chocolates, candies, tomato sauce, and instant noodles are not allowed in lunch boxes. As these foods offer little nutritional value and can affect children's energy, concentration, and long-term health.

This initiative aims to:

- **Encourage students to make healthier food choices**
- **Reinforce the importance of a balanced diet**
- **Build habits that support physical and mental wellness**

We look forward to your support in making this a success. Together, let's create a healthier school environment

Eat right, feel bright!

Regards

Team Open Sky