

THE MODERN SCHOOL
ECNCR Delhi
(Pre-Nur to S7)

Circular No: TMSECNCR/ 2025-21/ 04

Date: April 21, 2025

Subject: Health & Well-being in Hot Weather

Dear Parents,

As the weather turns warmer, **The Modern School, ECNCR-Delhi** remains deeply concerned about the health, comfort, and well-being of our students. To help them stay healthy, active, and focused during these hot days, we kindly seek your cooperation in the following ways:

1. Nutritious Breakfast:

Ensure your child has a wholesome and healthy breakfast before coming to school, to boost their energy and strengthen their immune system.

2. Balanced Lunch:

Pack a nutritious, well-balanced lunch that includes **fruits, vegetables, and light, easily digestible foods** suitable for the summer season.

3. Adequate Water Intake:

Please ensure your child carries a **sufficiently filled water bottle** to school every day. We also encourage you to remind them about the importance of **drinking water regularly** to stay hydrated, especially during outdoor activities and break times.

4. School Bag Weight:

Kindly monitor the **weight of your child's school bag**. It should be appropriate for their age and should only include the books and materials required as per the **daily timetable**. Overloaded bags can strain children's backs and shoulders, especially in hot weather.

Your support plays a vital role in helping us safeguard our students' health and well-being. Let's work hand-in-hand to keep them happy, healthy, and ready to learn!

Regards,

The Modern School
ECNCR-Delhi