



RAMJAS INTERNATIONAL SCHOOL

SECTOR IV, R. K. PURAM, NEW DELHI - 110022

Circular No. : RIS/2025/9/003

Date : 09 September 2025

Healthy Tiffin – A Ramjas International Initiative

Dear Parents,

At Ramjas International School, we believe that a child's eating habits play a vital role in shaping their health, energy levels, and ability to focus. Unfortunately, the increasing consumption of packaged, ready-to-cook, and unhealthy food often results in restlessness, irritability, and lack of concentration among children.

To encourage our students **of classes I to V** to stay active, alert, and healthy, the school is pleased to introduce the Healthy Tiffin - A Ramjas International Initiative. With your support, we aspire to create a culture of nutritious eating among our children.

Guidelines for Parents:

1. **Wholesome Meals Only** – Kindly pack fresh, home-cooked, and balanced food. Instant noodles, chips, fried items, and packaged snacks are discouraged.
2. **Fruit Break** – Please send seasonal fruits or dry fruits. Tetra-pack juices, flavored milk, and packaged drinks will not be permitted.
3. **Hydration** – Encourage your child to carry plain drinking water in a reusable bottle.

"Good food habits build good minds."

A small step towards healthy eating today will ensure a stronger body, sharper mind, and brighter future for our children tomorrow. Let us work hand in hand to nurture good food habits and well-being in our young learners.

We look forward to your wholehearted cooperation in making this initiative a success.

Together, we can make a difference!

With best wishes,

Ms. Richa Sharma
Principal