

World Health Day Initiative — C M International School

Dear Parents,

Greetings of the day!

Health is the foundation of a happy and successful life and instilling healthy habits from an early age is essential for the overall well-being of our children. World Health Day, celebrated on 7th April each year, commemorates the founding of the World Health Organization (WHO) in 1948. This significant day serves as a global reminder of the importance of physical, mental and emotional well-being, while encouraging individuals and communities to adopt healthier lifestyles.

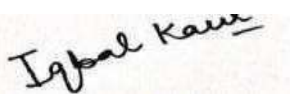
It also provides an opportunity for schools and families to come together in promoting awareness about everyday health practices and building a strong culture of wellness among children.

In line with this, we are happy to introduce the following initiatives:

1. **Water Bell at 11:00 AM** – A daily reminder for all students to pause and hydrate, promoting the habit of regular water intake.
2. **Healthy Tiffin Initiative** – We request parents to include seasonal fruits in their child's tiffin every day, encouraging mindful eating and overall well-being.

We sincerely appreciate your continued support and cooperation in nurturing healthy lifestyles among our students.

Regards,



Principal