STEM SCHOOL
VIDYA NAGAR - GUNTUR

CIRCULAR

June 30, 2026

"Nourish the Body, Fuel the Mind "

Subject: Nutrition week

Dear Parents,

Good nutrition is the foundation of a healthy body and an active mind. To help our young learners understand the importance of healthy eating habits, we are excited to celebrate **Nutrition Week** from **6th July to 10th July** for students of **Nursery to Grade 2**.

Each day will focus on a different vitamin, and we request you to pack food / snacks that are naturally rich in the featured vitamin.

Schedule:

- **Monday (6th July) - Vitamin A**

Pack foods such as carrots, sweet potatoes, mangoes, papaya.

- **Tuesday (7th July) - Vitamin B**

Pack foods such as bananas or nuts.

- **Wednesday (8th July) - Vitamin C**

Pack foods such as oranges, sweet lime, guava, kiwi.

- **Thursday (9th July) - Vitamin D**

Pack foods such as Yogurt, mushroom or Diary products

- **Friday (10th July) - Healthy Food Celebration Day**

Students may bring any of the above-mentioned healthy snacks. Also, please send fruits with your child, as the fruits collected will be donated to an orphanage.

We encourage you to avoid packaged snacks, sugary drinks, and junk food.

Together, let's inspire our children to make healthy food choices, build lifelong healthy habits, and cultivate the joy of sharing by donating fruits to people in an orphanage.

Thank you for your continued support in making this meaningful initiative a success.

Best Regards,
STEM School.